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Charlie Sheen
Ethan Hawke
Jason Patric

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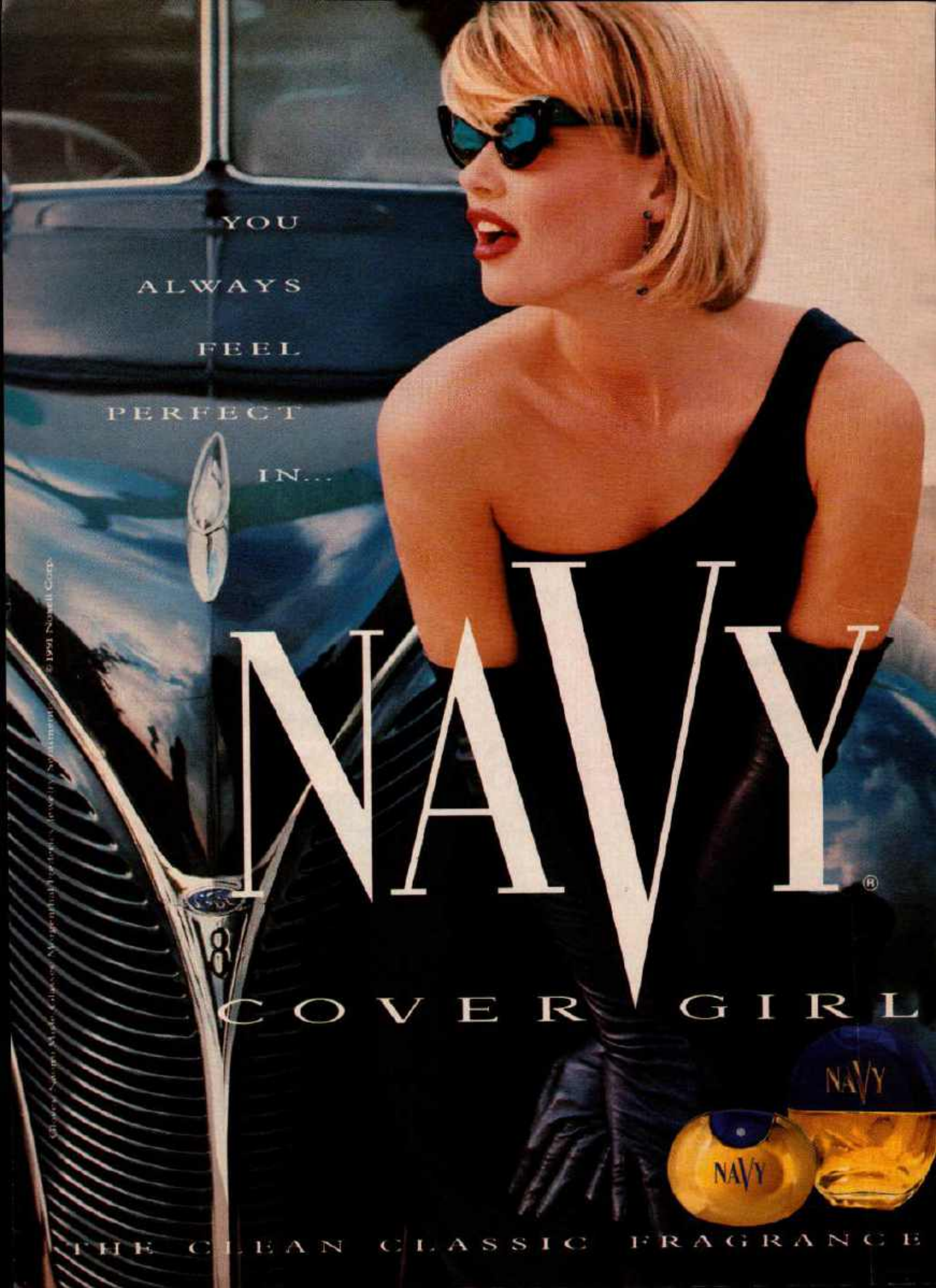
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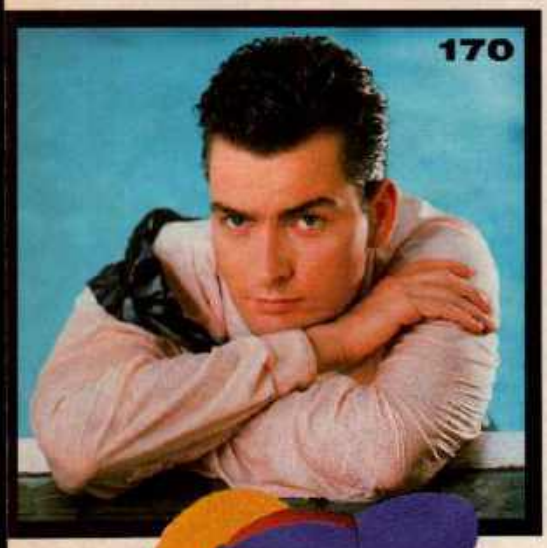

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COVER STORY

LAURA KALE

Shopping for back-to-school clothes is totally exciting for everyone—even our seventeen-year-old cover model. "It was always more than just buying clothes for me," recalls Laura. "Even buying notebooks and that kind of stuff was a kick, because it meant I'd soon be seeing all my friends again." But these days, shopping for new clothes is a different story for Laura. With a year of modeling behind her, this New Jersey native's tastes have changed. "I don't go in for any of the big trends now." On her days off, Laura is strictly a jeans and T-shirt kind of girl. "I like to relax at the beach by my house or go horseback riding with my boyfriend. . . . I save the high fashion for work."

THE DETAILS

Laura wears makeup by Clarion. *On her face:* Flawless Concealer in Medium; Perfect Complexion Lightweight Make-up in Gentle Beige; Perfect Complexion Refining Loose Powder in Medium. *On eyes:* 4-kit Eyeshadow in Emerald Suedes; Eye Defining Lining Pencil in Silver Onyx; Lash Booster Mascara in Soft Black. *On cheeks:* Enhancing Blush in Sweet Peach. *On lips:* Lasting Color Lipstick in Heather Berry. Motorcycle jacket, JouJou; $80. Tuxedo shirt, JCPenney; $28. Plaid skirt (with belt), Necessary Objects; $52. Earrings, The Lira Collection; $10. Cuff links, Winky & Dutch; $12. Tights, Liz Claiborne Hosiery; $7. Stores, last pages. Hair, Cohl for MCM Salon. Makeup, Timothy Metz. Photographed by Nathan Baker.

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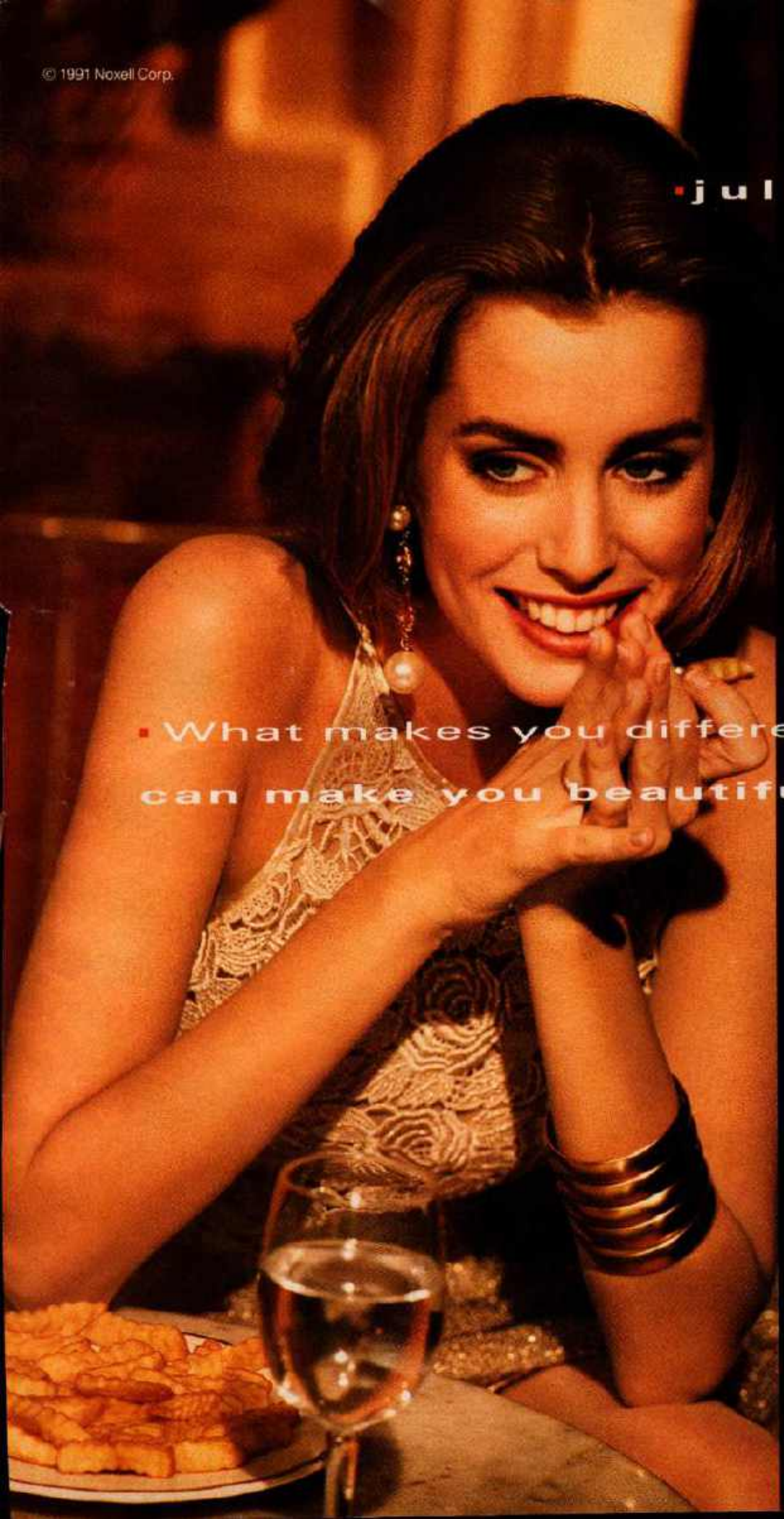

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editor's letter

Dear Reader,

Every month we get tons of requests for makeovers. But when we got Courtney Allison's enthusiastic letter requesting makeovers for her graduating class at The Agnes Irwin School, we couldn't resist. We pulled together a crew of eleven, drove down to Rosemont, Pennsylvania, and went to work turning these uniformed high school seniors into sophisticated college freshmen. The response was incredible. In fact, the eighth graders begged us to come back again in four years!

Clockwise from near right: **Beauty Editor Maria Flynn; photographers Ted Catanzaro and Debbie Mahdessian; hairstylist Christopher Downs; makeup artist Wesley Dunn and student Heather Disque.**

When we needed girls with great legs for our story on boots, we didn't have to leave our office. Here, the faces that go with the feet on page 32 *(from far left):* Senior Fashion Editor Wendy Hirschberg, Senior Designer Lauren Zimmermann, Fashion Assistant Laura Mackey, and Designer Leane Brenes.

This month, take the time to read an amazing collection of letters from teenagers in prison, put together by Joseph Bauer, a substitute teacher in the juvenile halls and security camps in Los Angeles. Explains Bauer, "These letters come from the ultimate authority on teenage problems—teenagers themselves. These are kids who've gone the wrong way, who lost sight of things—but who also always said how much they regretted what they'd done and how much they wanted to help out other teenagers."

Who's dating whom? Which celebrity couple just split? Whenever we want the latest Hollywood dirt, we turn to Kevin Koffler. Last month he did that great piece on Christian Slater. This month, Kevin delivers big with an interview with Charlie Sheen.

Midge

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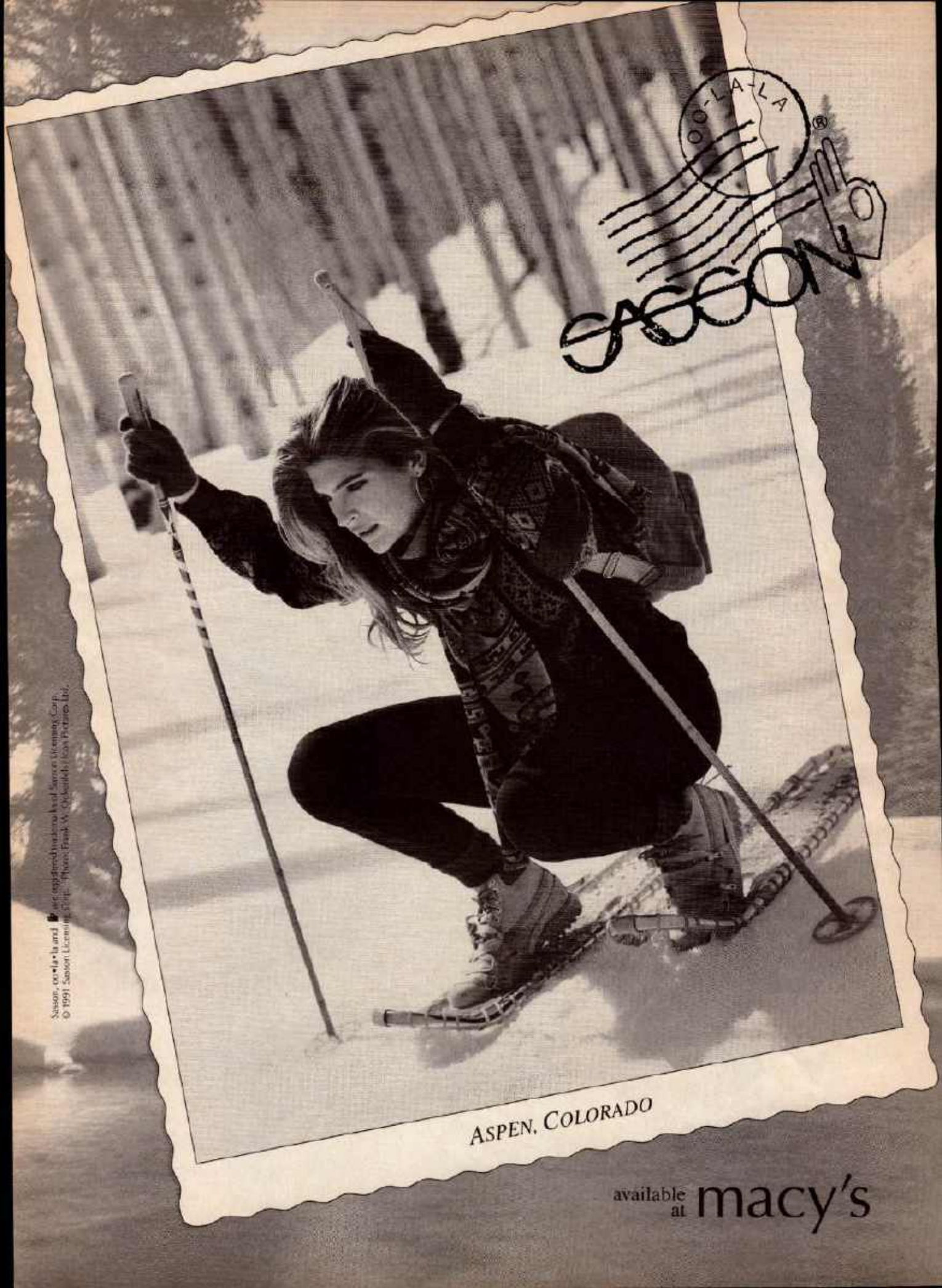
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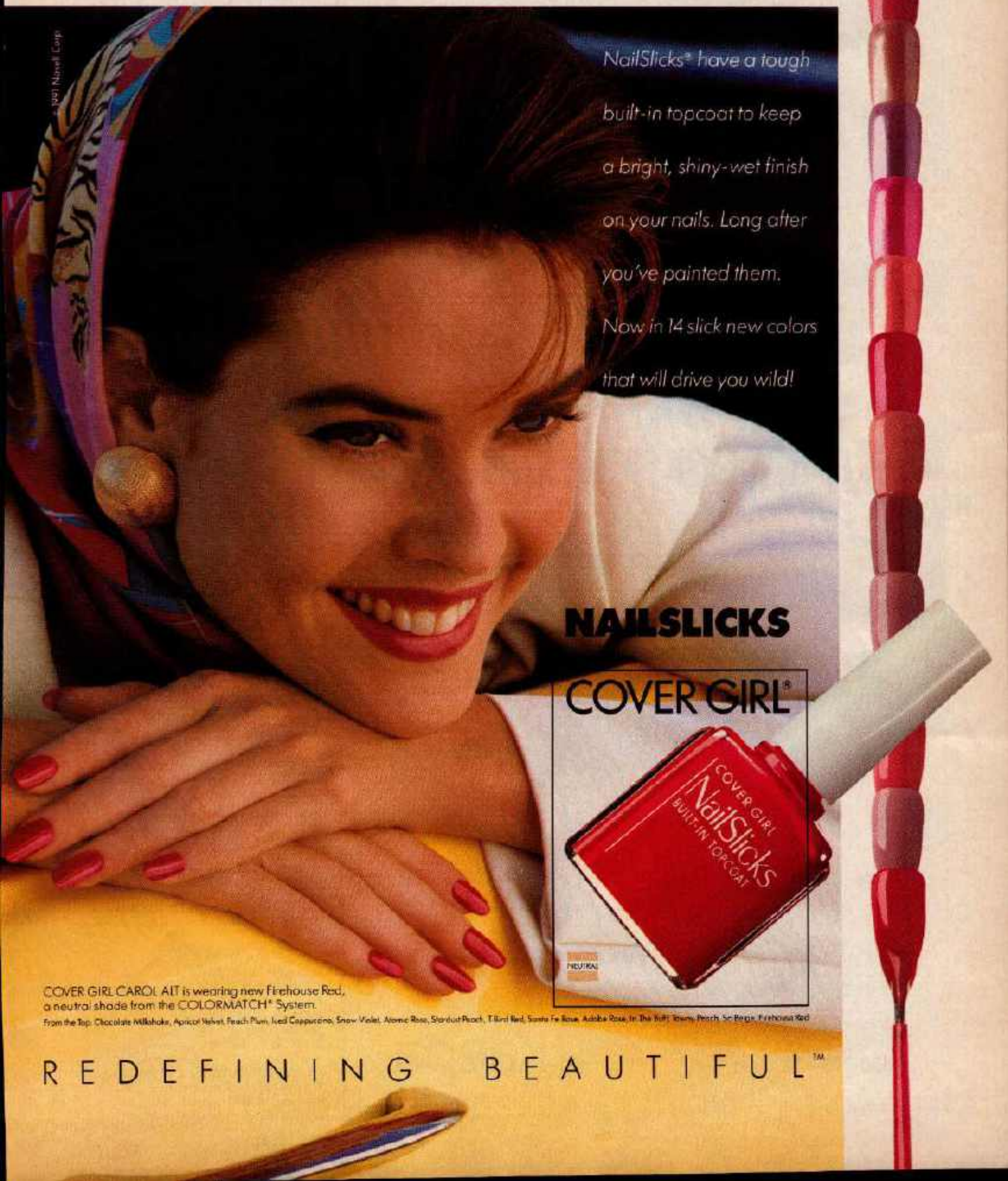
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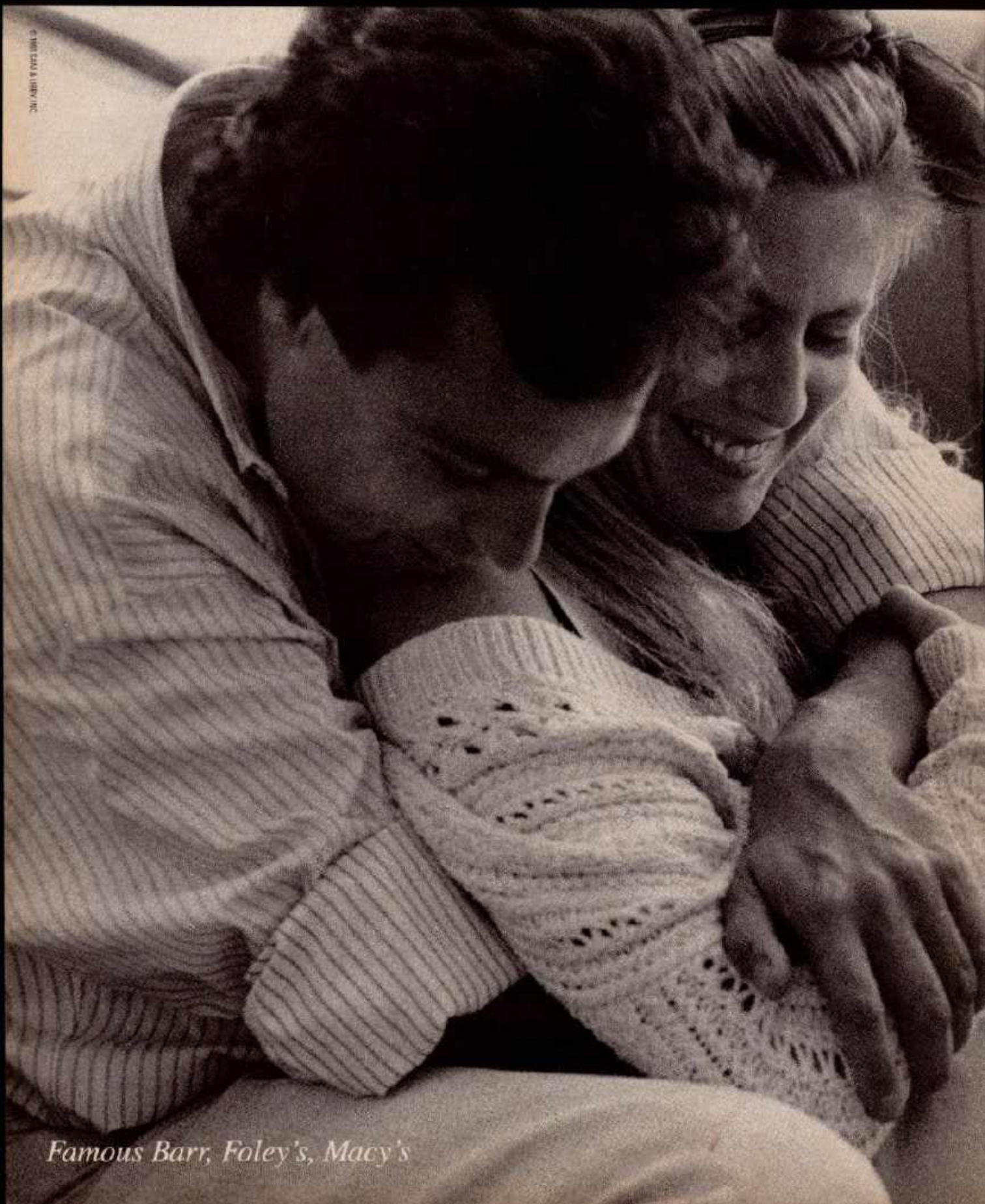

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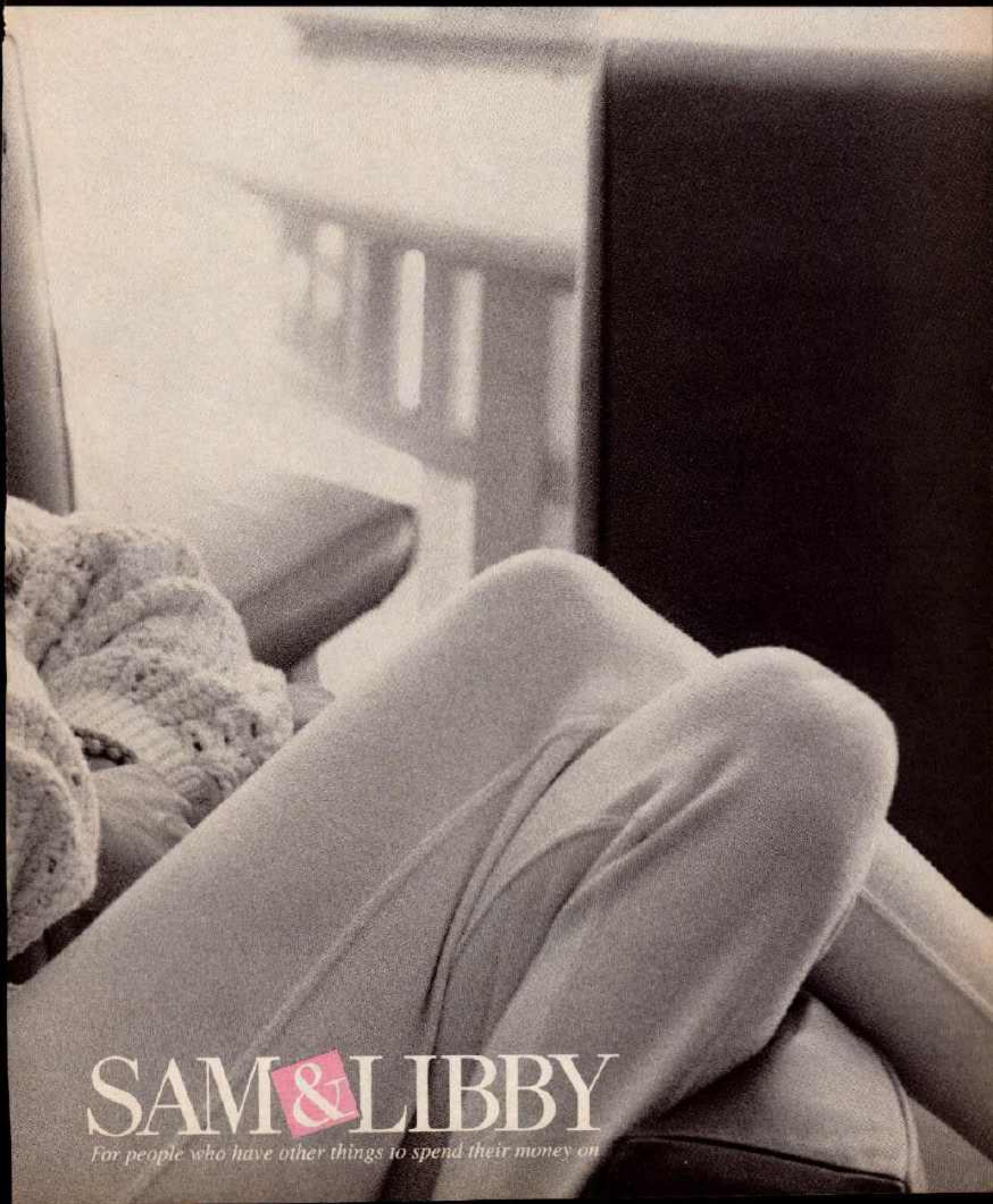

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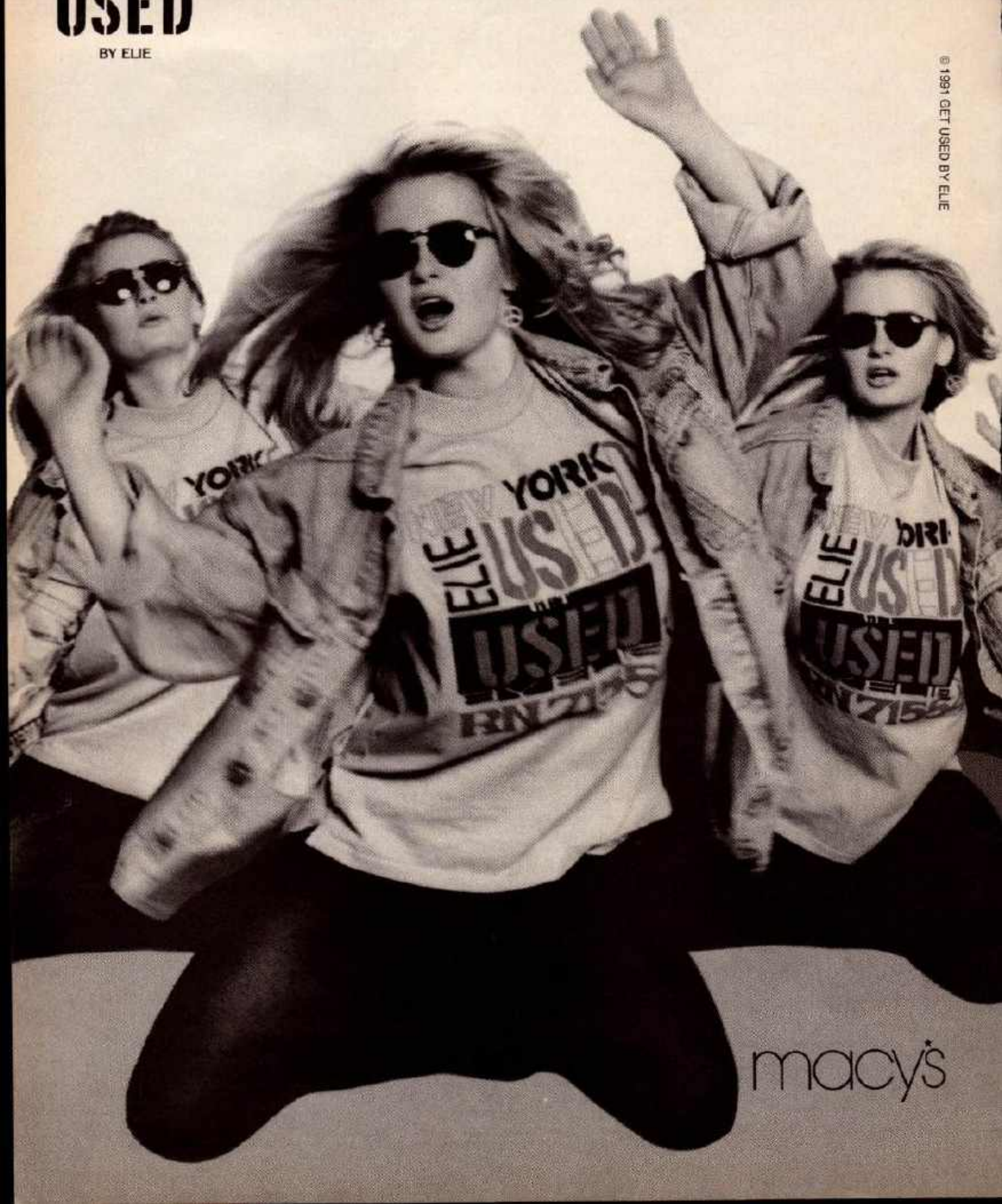

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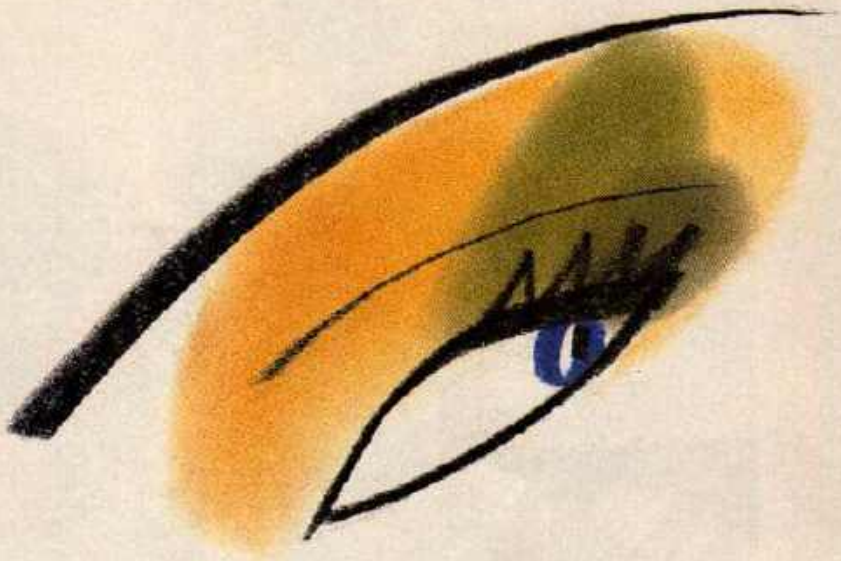

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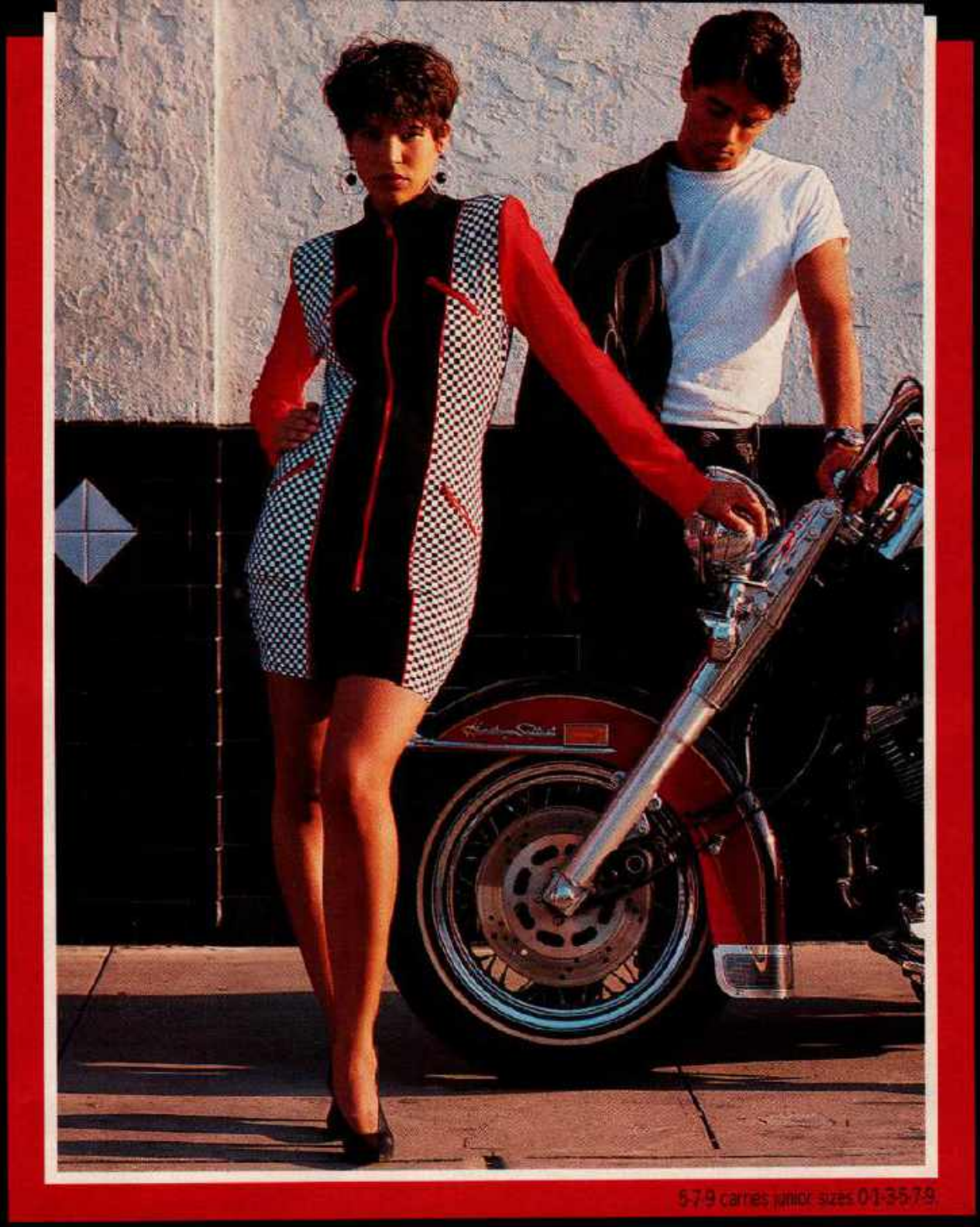

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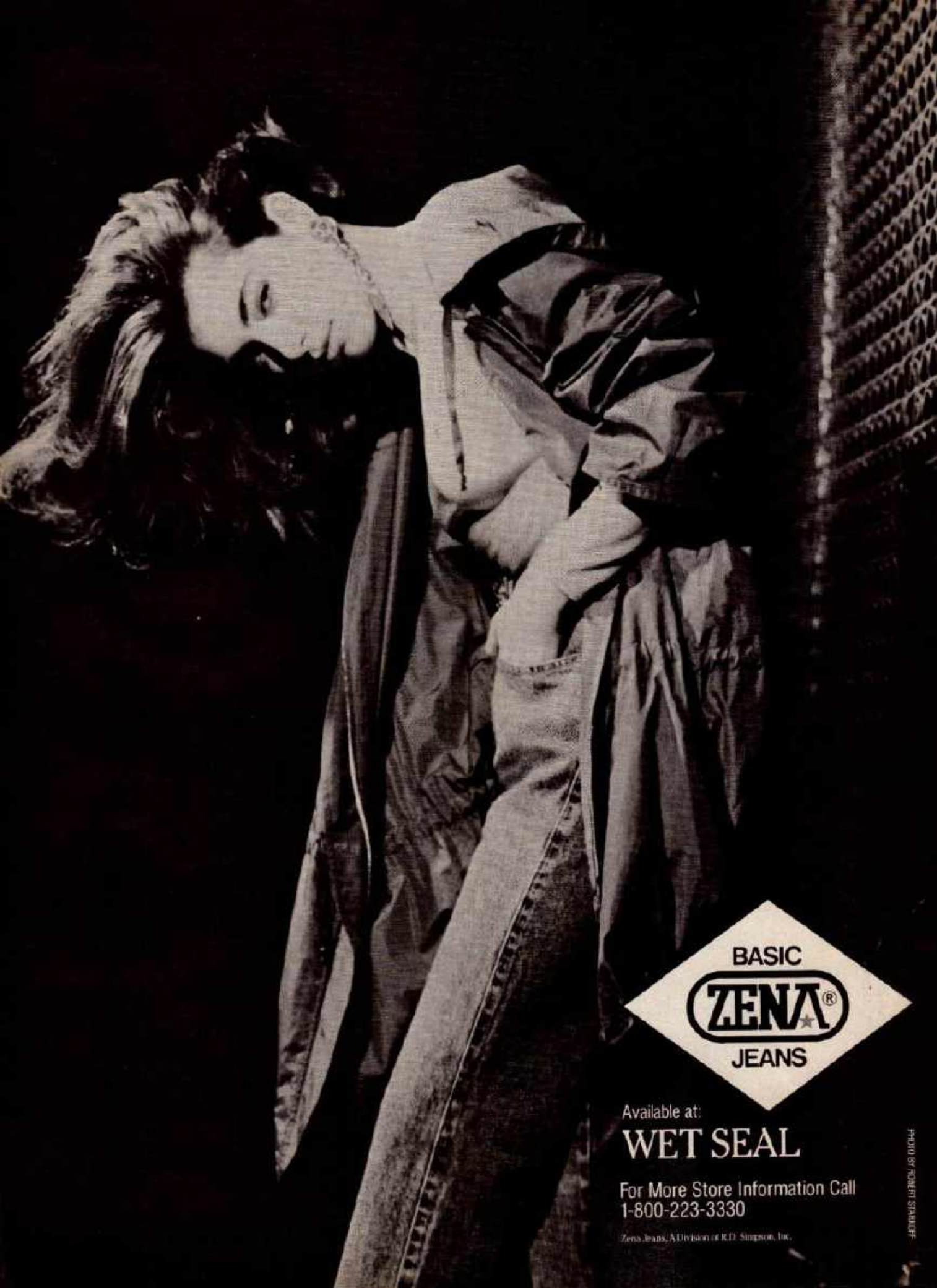
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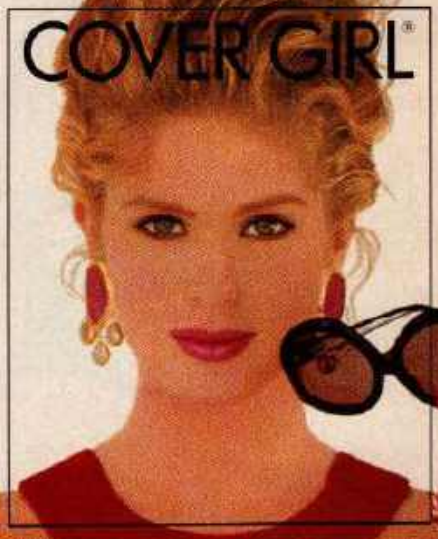

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letters

OUT RIGHT

I loved the article "Out Alone," by Sara Nelson, in the May issue. Once when I was on a winter retreat, none of my friends wanted to go on the ski trip for the afternoon, but I decided to go anyway. I had so much fun. I met people but had room to breathe, think, daydream, and fend for myself. I want to thank Sara for writing this, and I hope lots of people read it and try it at least once. **Beth Berkowicz, NJ**

SUIT YOURSELF

I want to thank you *so* much for the swimsuits in the May issue. Now I know the exact styles to look for. You came to my rescue just in the nick of time! Keep up the good work. **Very thankful, Greenwood, AR**

DATE EXPECTATIONS

Thanks for the article "Sex and the Prom" (May). I'm fifteen years old, and even though I'm a freshman, I was asked to go to the prom. I thought a lot about sleeping with my date, but after I read the article I didn't even know why. It told me to make sure I wasn't just caught up in all the romance. After the article asked if you would sleep with your date if it wasn't prom, I knew that all the romance was why I had considered it in the first place. A very big thanks to SEVENTEEN and Judith Newman for setting my mind at ease and for covering a topic thought about by most promgoers.

Name withheld

I found your article "Sex and the Prom" to be mostly untrue. I attended prom '91, and it was not expected of me or my date to have sex. Neither was it of the couple we went with. My date and I didn't really know each other, but we did not feel pressured. The article made it sound like everyone who attended prom had sex during the evening. Well, I'm happy to report that after more than fifteen hours together, I am still a virgin! I don't know how other people felt at prom, but there are teens who don't let hormones rule their emotions. **Anonymous**

DREAM ON

I loved "Daydream Believer" (May)! Now I know that daydreaming about winning an Oscar, having a wild affair with a stranger in a candy-apple-red Porsche, or throwing my little sisters out with the trash is normal!

Erin Haney, Windom, MN

BILLY THE KID

I love you, I love you, I love you! I just received my May issue today and found an interview with the immensely talented (and drop-dead gorgeous) Billy Zane (Talent). I've been a huge fan of his since *Dead Calm*, and I was overjoyed to find out not only that he's young and has three upcoming films but that he's a fellow Chicagoan! Feature him in a future issue when one of his many films comes out, and you can just renew my subscription now! Peace and love. **Kendra Smith, Chicago, IL**

SCHOOLS OF THOUGHT

I would just like to make a comment to Callie White, who wrote the "No" side of "USA Today: Deep, Deep Trouble?" (Debate, May). She said, "Schools are changing for the better." I go to El Cerrito High, in California, which was going to *close* due to bankruptcy—the governor wouldn't give us the money we needed to finish the year. There are twenty-nine school districts in California that are having financial problems, and Bush says, "I will support education morally." That doesn't quite do it. So, Callie, it's great that "AIDS, drug, and sex education" are in our schools, but what about English, math, science, and history?

Sarah Scott, Kensington, CA

I just wanted to write and say how much I loved your Debate column. People always think of teenagers as "kids," but May's debate really helped me prove that we aren't just babies. Teenagers have brains, and it is nice to see teenagers like me get involved with current issues, like the Persian Gulf war and the recession. Some of your articles have really changed the way I think about our world.

Maureen Levinkron, West Hills, CA

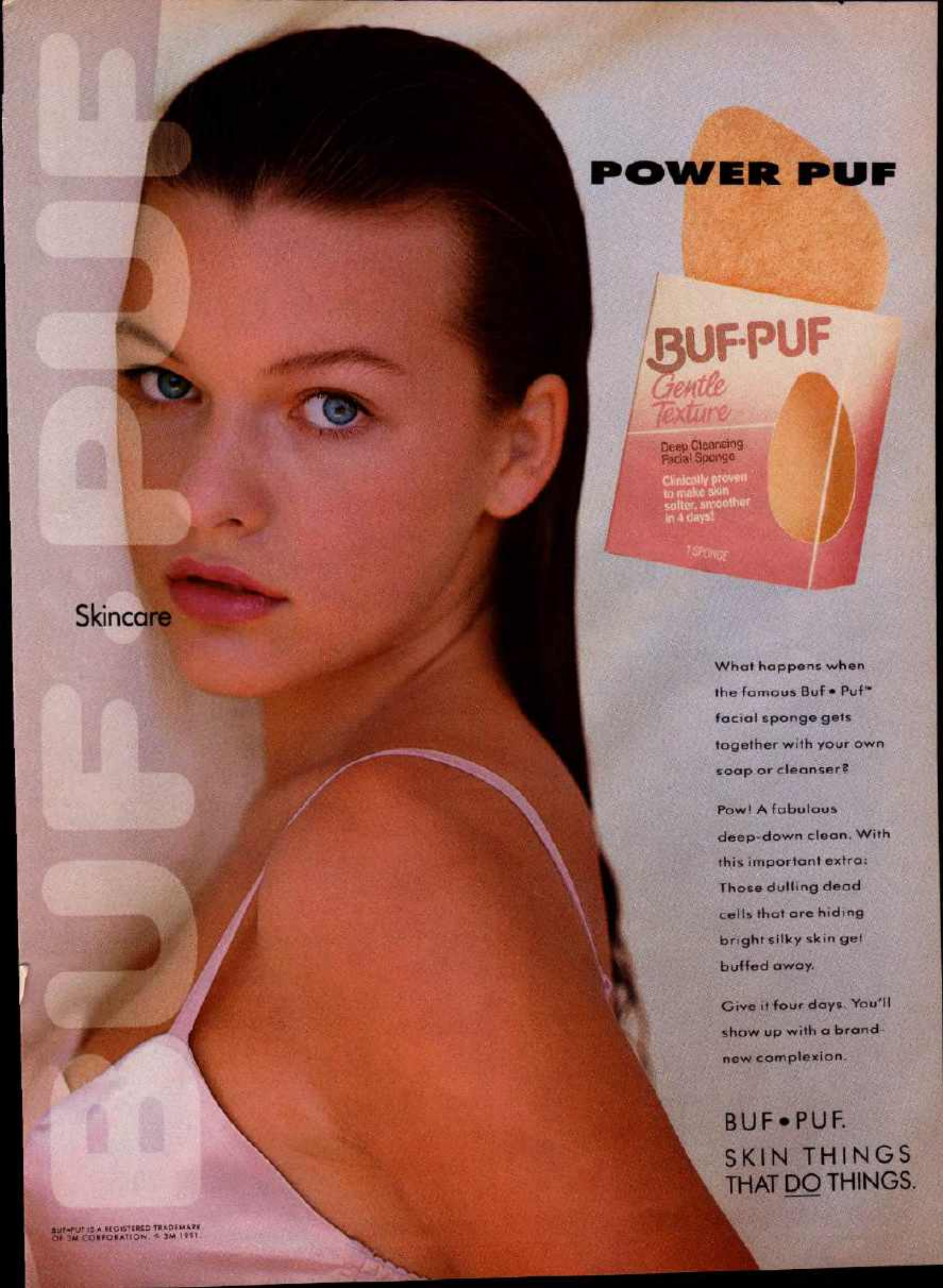
INSPIRATION POINT

Your article concerning the efforts of the Walden Woods Project to preserve historic and environmentally sensitive land near the famed retreat of author/philosopher Henry David Thoreau ("On Walden Pond," Earth Talk, May) has generated a tremendous outpouring of response. It is gratifying to know that the future of our planet rests with a generation so committed to ecology. Our deepest appreciation to SEVENTEEN.

Kathi R. Anderson, project director, Boston, MA

In case you missed this, you can write to the Walden Woods Project, 18 Tremont Street, Suite 630, Boston, MA 02108, or you can call them at 1-800-543-9911.

Letters can be addressed to Reader Mail, SEVENTEEN, 850 Third Avenue, New York, NY 10022.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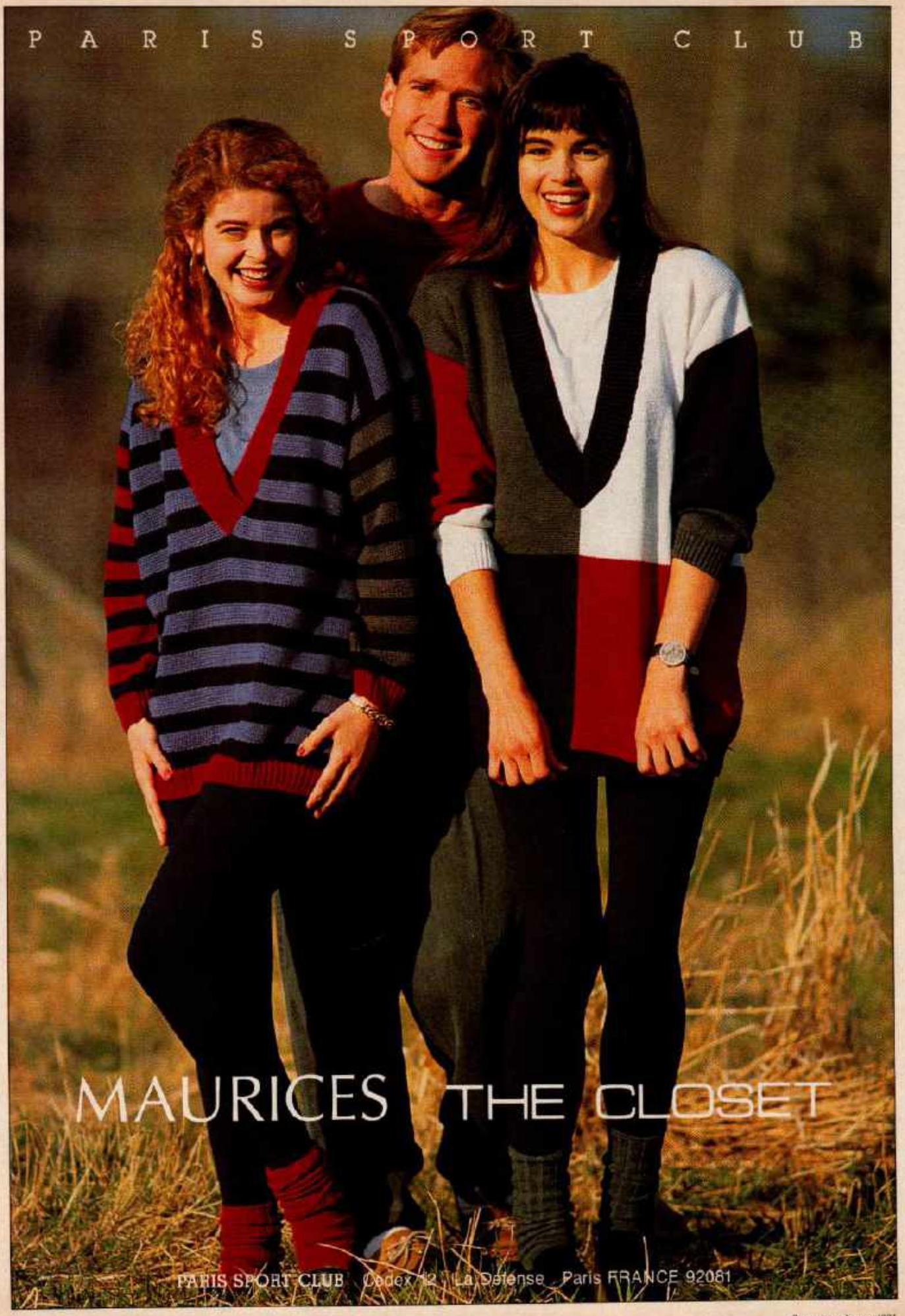
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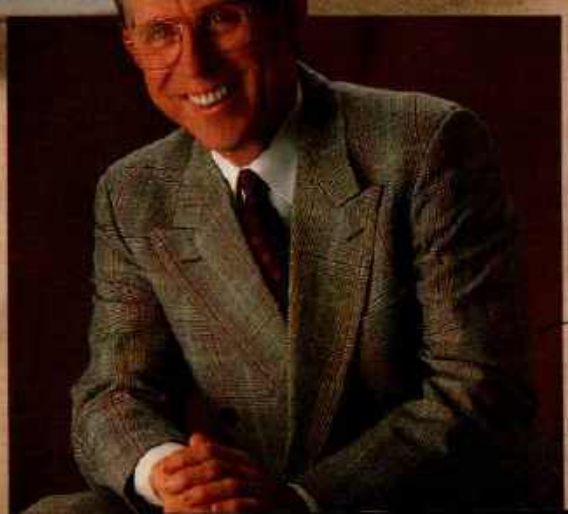

REDMOND®

Tom Redmond

fashion flash

The best foot forward

When it comes to shoes this fall, you can't slip up if you slip on classic Gucci-style loafers with the status gold buckle. In traditional colors, patent leather, and hot new hues like orange, green, and purple, these loafers will give everything from the junkiest jeans to school jumpers an elite look. Loafers, Sam & Libby; $43. Socks, Bonnie Doon; $7.50. Stores, last pages.

Shoe photo, Walter Ramsaldini. Large models photo, Dewey Nicks. Hair, Cheryl Marks for Orlbel Elizabeth Arden. Makeup, Beth Katz. Small model photo, Angel Morales. Hair and makeup, Karen Bernstrom. Vest still life, Herb Gorgoglione.

Hip, hip beret

So what if you've never seen the view from the Eiffel Tower . . . . Top things off with a beret, and you can still make a style statement with a French accent. Beret, Kangol; $12. Jacket, Bongo; $40. Shirt, Georges Marciano. Short shorts, JouJou; $45. Earrings ($55) and bracelet, Pepi.

THE WILD, WILD VEST

The waistcoat . . . this fall the crazier the cooler

Forget about the three-piece suit. These days the vest is going solo—and it's totally funky with florals, rainbow checks, and ethnic prints.

Top photo, left: Vest, The Antique Boutique; $35. Shirt, EDC by Esprit. Jeans, Lawman; $53. Belt, Kandell & Marcus. *Center:* Vest, Lizwear; $58. Top, Department of Peace. Jeans, Chic; $28. Hoop earrings, Gennaro. *Right:* Vest, The Antique Boutique; $25. Shirt, B.D. Baggies. Jeans, Jordache; $26.50. Headband, Kerri Kahn/Headgames. *Right, from top:* Checked vest, Judy Knapp; $28. Floral vest, Gurilla Biscuit; $66. Striped vest, The Daily Planet/Russian Dressing; $34. Ethnic vest, Tramp; $42.

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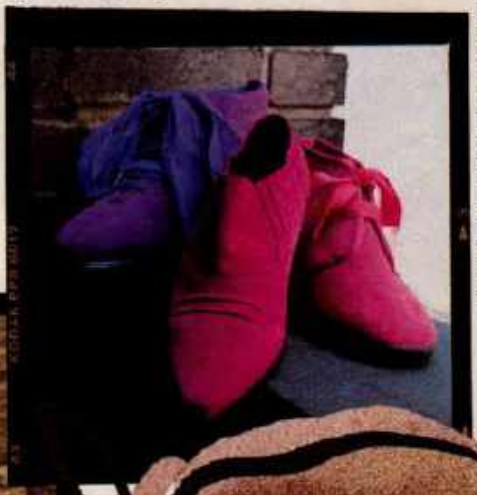
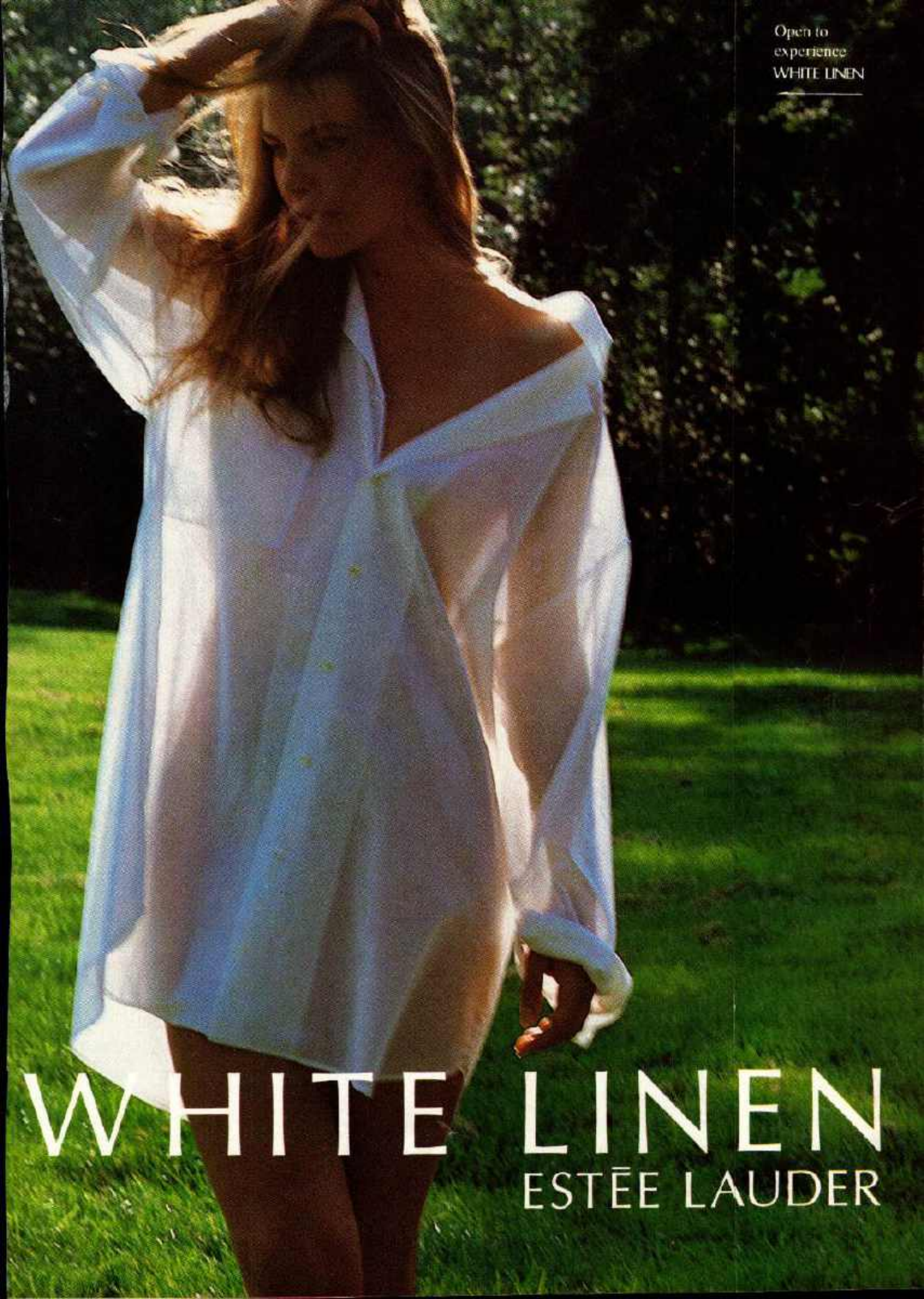
AND CUTE TO BOOT

Whether polished, zipped, or sparked with bright color, ankle-high boots give you a leg up this fall

Above, from left: **Brown boots, Bellini; $60. Black boots, Chilis; $42. Tan boots, Bakers-Leeds; $49. Socks, E.G. Smith; $9.50. Lace-up boots, Maine Woods; $45. Tights, Hue; $10.50. Socks, Adrienne Vittadini; $5.50.** ***Below left:*** **Patent boots, Esprit Footwear; $56.** ***Center:*** **Zip boots, Aerosoles by What's What; $65.** ***Top right:*** **Purple boots, L.A. Gear; $45. Cowboy ankle boots, Sam & Libby; $38. Pink boots, Keds; $36.** ***Bottom right:*** **Boots, Payless ShoeSource; $20.**

Shoes, last page. Model photo, Dewey Nicks. Hair, Cheryl Marks for Ondo at Elizabeth Arden. Makeup, Barry Katz. Shirt, Guess. T-shirt, Hanes. Leggings, Palmetto's. Top photo, Hero Gongaloone. Center photo, Guzman. Still life, Lars Klove. Illustration, Monica Range.

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trends

RETYING THE KNOT

FRESH WAYS TO WEAR HIS FAVE

The tie. This fall it's a fab item to borrow from him. At Byblos *(below right)*, ties give designer chic boyish charm. Around here, we're creating feminine looks like The Cinch *(right)*: a trenchcoat tied back with funky neckwear. Tie, Addiction; $40. Stores, last pages.

For this en-tie-cing hairstyle *(left)*, wrap a colorful tie around your head as you would a piece of ribbon. Then tie it in a bow.

Lanie illustration, Sharon Watts. Runway photo, M. Crandona Valentino. Small illustrations, Sarah Johnson

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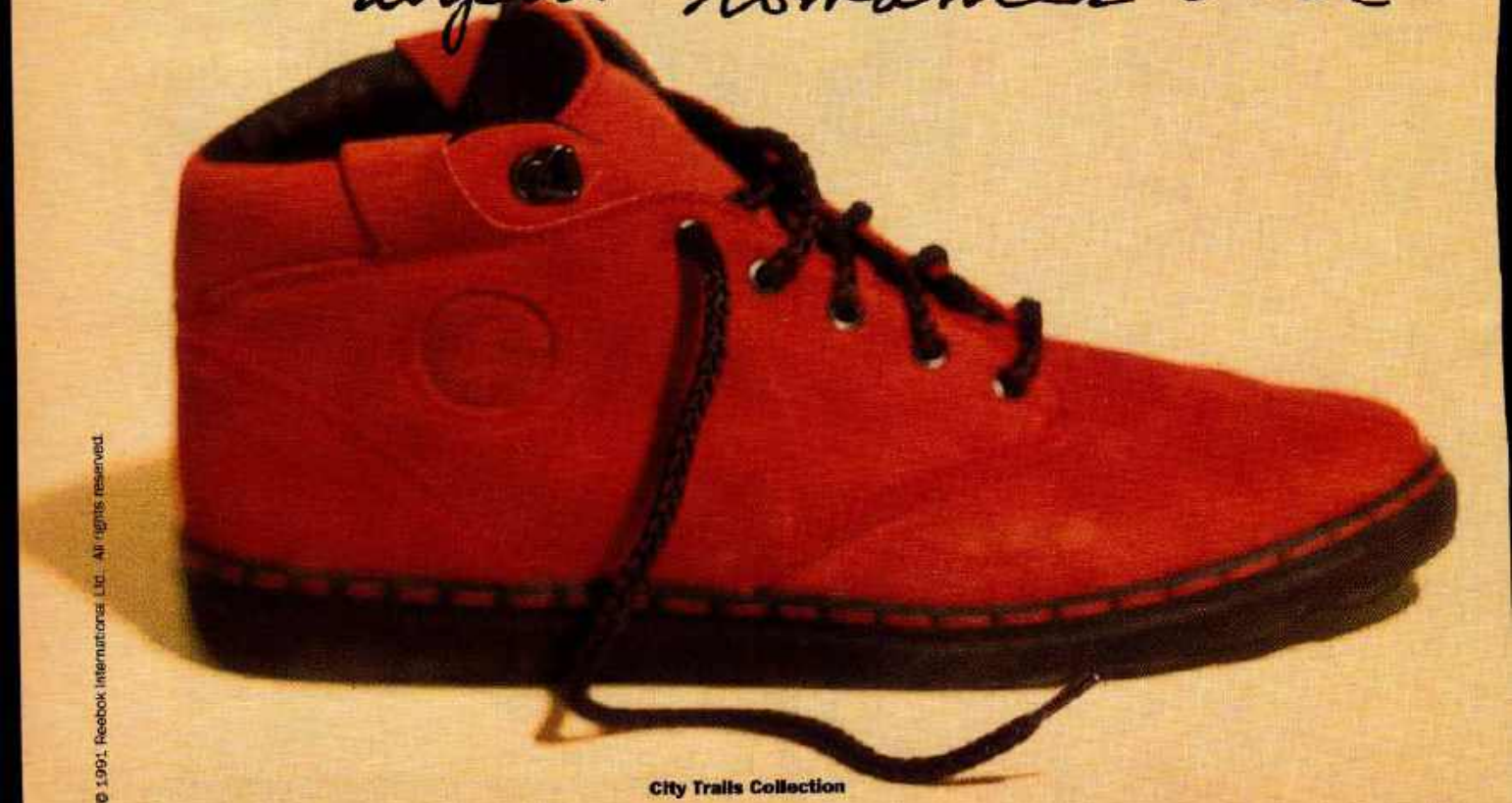
sitting on the shelf with
airport romances and



City Trails Collection

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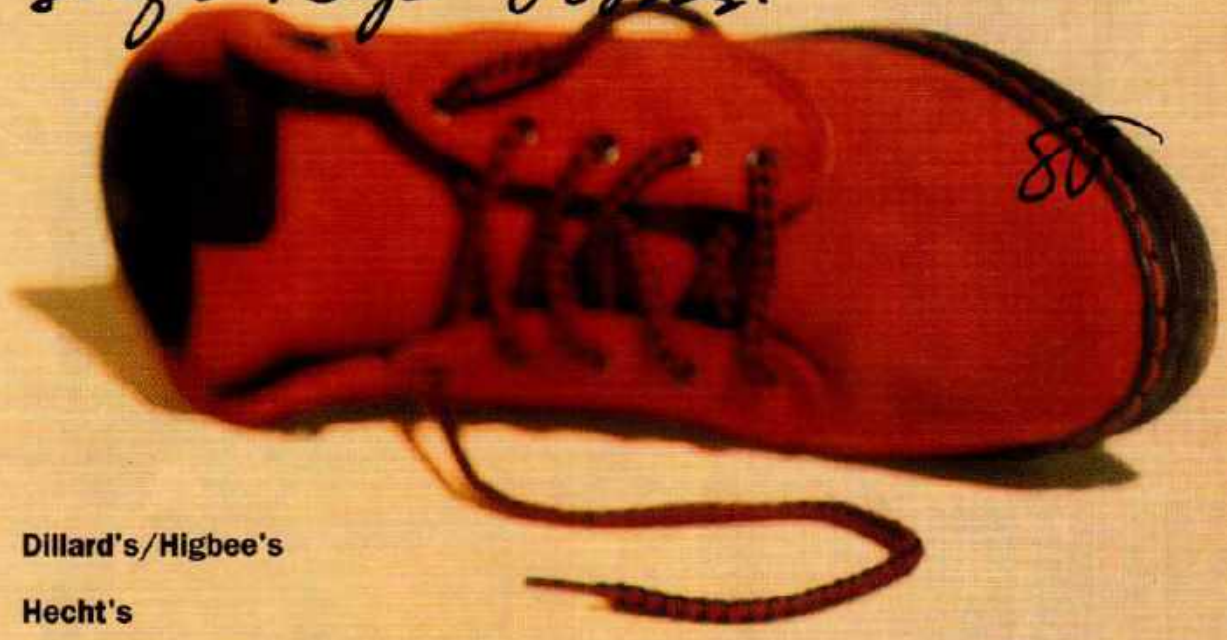
Reebok

"you can't judge a book he'd judged me by the day we met he'd be a bunch of sleazy self-help books.



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looks

Wise buys

FALL'S MOST BRILLIANT FASHIONS FOR THE SMARTEST PRICES . . . STARTING HERE WITH ALL THAT GLITTERS

SHINE

2

3

1

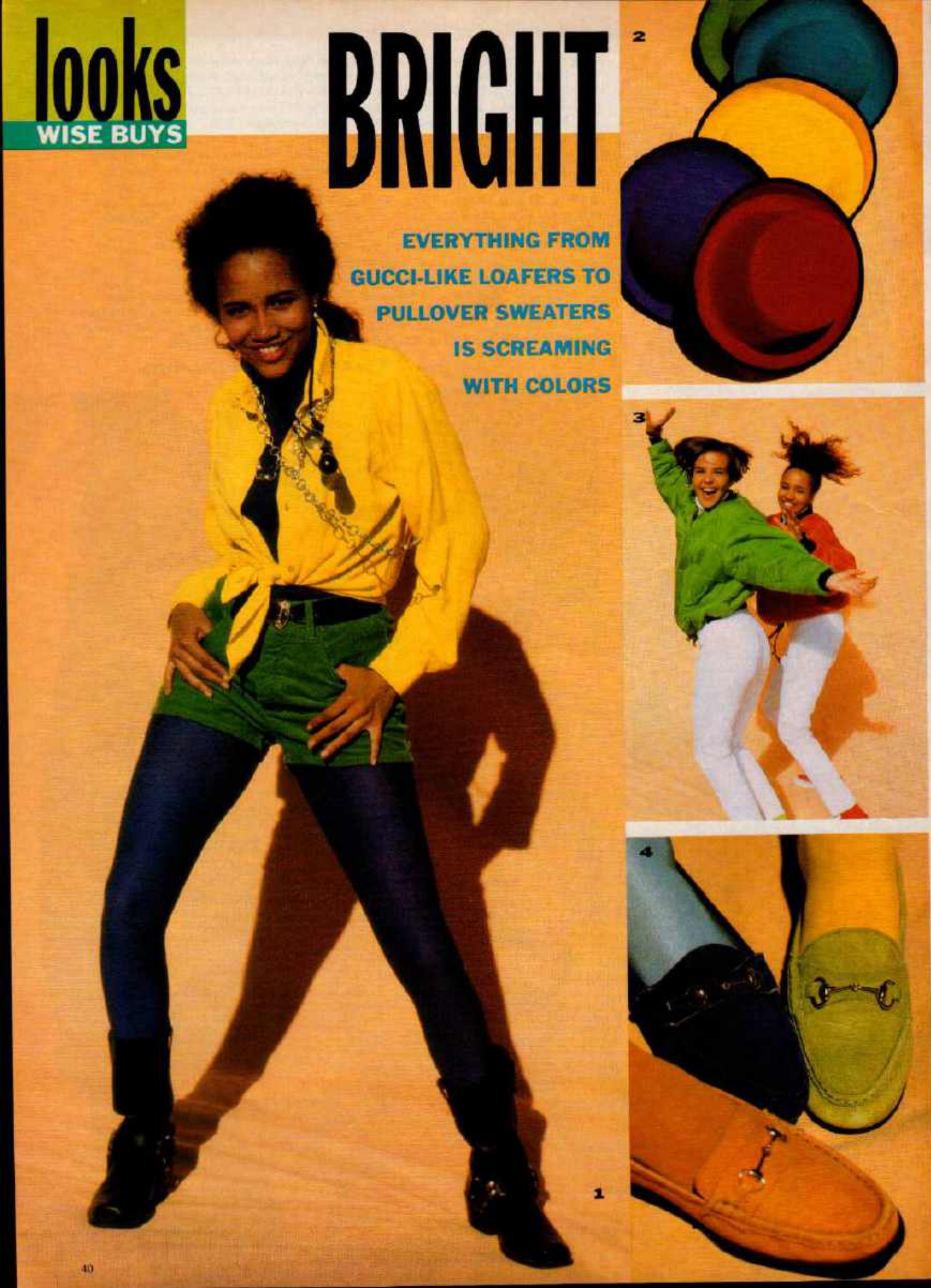
From the vinyl swing coat in gold to the little black purse in patent leather, the glossy look is chic now. **1** Gold vinyl swing coat, Kenn Sporn for Wippette; $39. Black catsuit, Merry Go Round; $18.50. Daisy earrings, Top Drawer; $10. **2** Silver-and-gold-swirl flower earrings, Winky & Dutch; $36. Gold pendant ($36), pewter pendant ($36), and gold pendant with colored stones ($40), Ricardo Douaihi. **3** Black satin vest, Ultra Pink; $46. Black zip-neck top, Esprit; $60. Shimmery leggings, Jumping Joy; $30. Scarf, The Honey Collection. Silver chain necklaces, Hardwear by William Karelitz. Argyle socks, Bonnie Doon; $7.50. Black patent leather loafers, Sam & Libby; $42. **4** Multicolor floral-print blouse, JouJou; $40. Gold leggings, Gilda Marx Breathables Flexatard; $27. Red vinyl gloves, LaCrasia; $20. Red vinyl purse with white daisies, Us Two; $20. **5** *Clockwise from bottom left:* Black patent leather box-shaped purse ($24), red vinyl circular purse ($19), and black vinyl cone-shaped bag ($30), Barganza. Red vinyl baseball cap, Sterling; $15. Black-and-red vinyl gloves, Sand & Siman; $15. **6** Leggings, Gilda Marx Breathables Flexatard; each $27. Vinyl backpacks, Detente; each $30. **7** Red patent leather pants ($88) and black patent leather pants ($88), Lip Service. For store information, see the last pages. *On these six pages:* Hair, Ric Pipino for Pipino-Buccheri. Makeup, Dini Willems.

PHOTOGRAPHED BY WALTER RAMBALDINI

looks
WISE BUYS

BRIGHT

EVERYTHING FROM GUCCI-LIKE LOAFERS TO PULLOVER SWEATERS IS SCREAMING WITH COLORS



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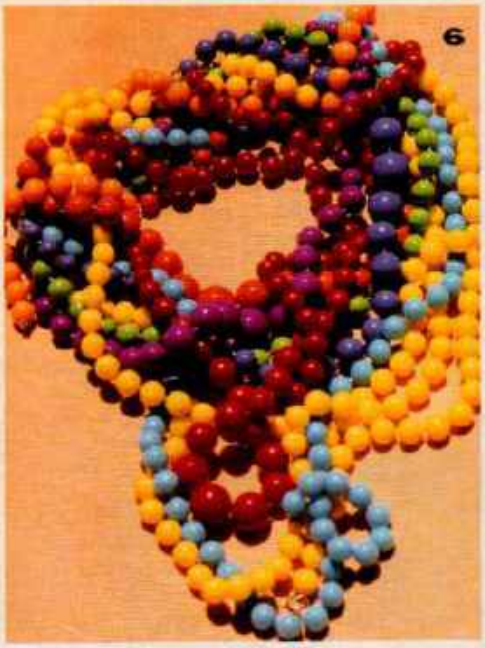
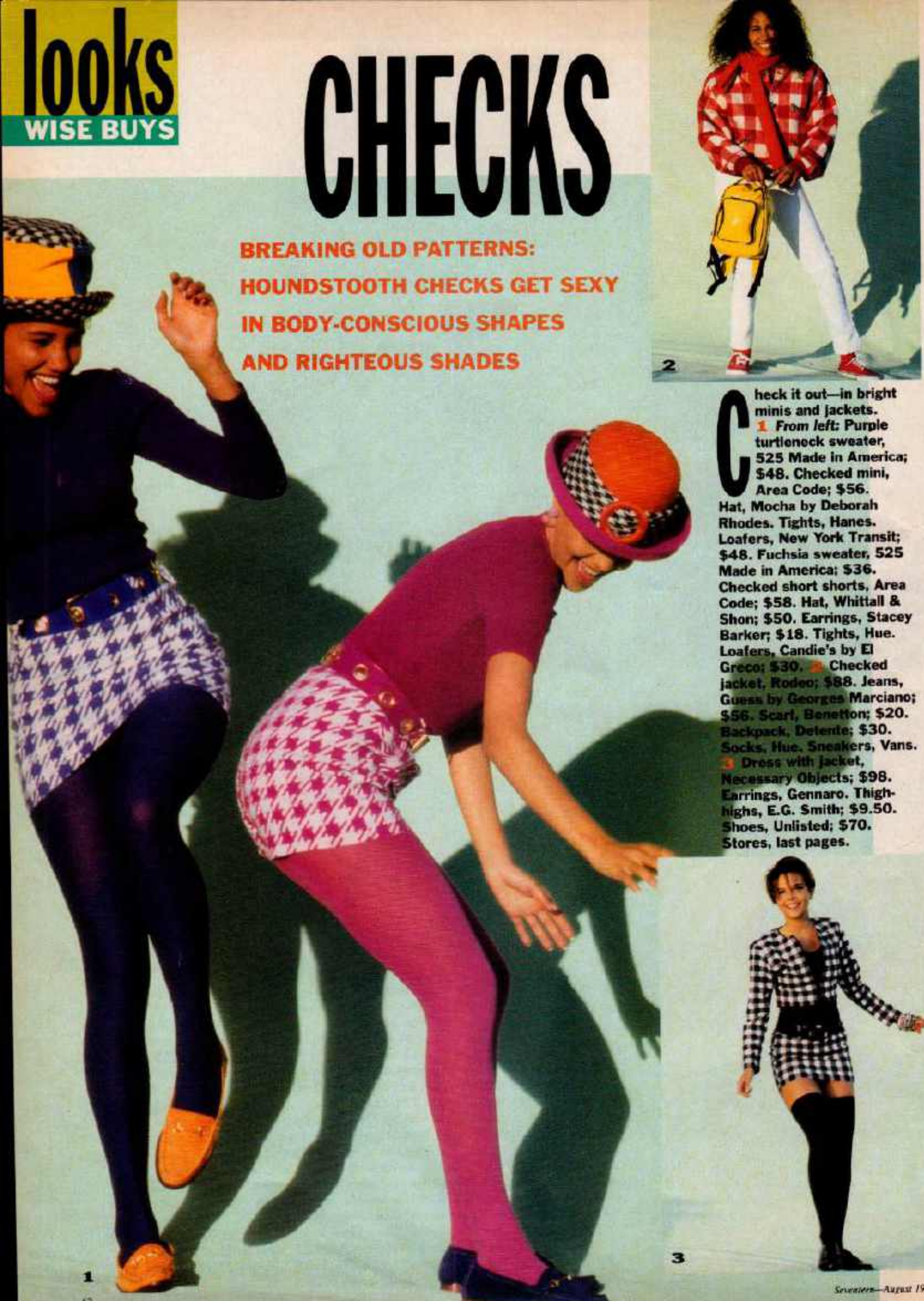


When it comes to color this fall, the bolder the better. **1** Yellow blouse, Benetton; $76. Black turtleneck ($38) and green shorts ($38), Esprit. Earrings, Jan Michaels. Short chain-link necklace, Erwin Pearl. Long chain necklace, Hardwear by William Karelitz. Pendants, Ricardo Douaihi. Tights, Hanes. Boots, Na Na; $110. **2** Hats, Betmar; each $25. **3** *From left:* Green silk bomber, Pat Argenti Sportswear; $134. Jeans, Bonjour; $42. Earrings, Stacey Barker. Orange silk bomber, Pat Argenti Sportswear. Jeans, Guess by Georges Marciano; $56. Earrings, Gennaro. Socks, Hue. **4** Orange loafers, New York Transit; $48. Tights, Hue. Purple loafers, Candie's by El Greco; $30. Tights, Hanes. Green loafers, Esprit Footwear; $44. Tights, Hue. **5** Orange wool sweater, J. Crew; $58. Jeans, Sasson; $26. Earrings and necklaces, Cathy and Marsha for Catherine Stein. Wool scarves, Benetton; each $20. Green top (worn around her waist), Legends Co. USA; $44. **6** Beaded necklaces, Kmart; $4 to $6. **7** Motorcycle jacket, Kaos by Andy Johns; $120. Floral-print blouse, JouJou; $40. Earrings, Querelle; $19. **8** Floral shirt, Michel; $32. Striped leggings, Warehouse; $62. Beret, Kangol; $12. Necklaces, Kmart. Notebooks, Spring. Loafers, New York Transit; $48. Stores, last pages.

CHECKS

BREAKING OLD PATTERNS: HOUNDSTOOTH CHECKS GET SEXY IN BODY-CONSCIOUS SHAPES AND RIGHTEOUS SHADES



Check it out—in bright minis and jackets. 1 *From left:* Purple turtleneck sweater, 525 Made in America; $48. Checked mini, Area Code; $56. Hat, Mocha by Deborah Rhodes. Tights, Hanes. Loafers, New York Transit; $48. Fuchsia sweater, 525 Made in America; $36. Checked short shorts, Area Code; $58. Hat, Whittall & Shon; $50. Earrings, Stacey Barker; $18. Tights, Hue. Loafers, Candie's by El Greco; $30. 2 Checked jacket, Rodeo; $88. Jeans, Guess by Georges Marciano; $56. Scarf, Benetton; $20. Backpack, Detente; $30. Socks, Hue. Sneakers, Vans. 3 Dress with jacket, Necessary Objects; $98. Earrings, Gennaro. Thigh-highs, E.G. Smith; $9.50. Shoes, Unlisted; $70. Stores, last pages.

1

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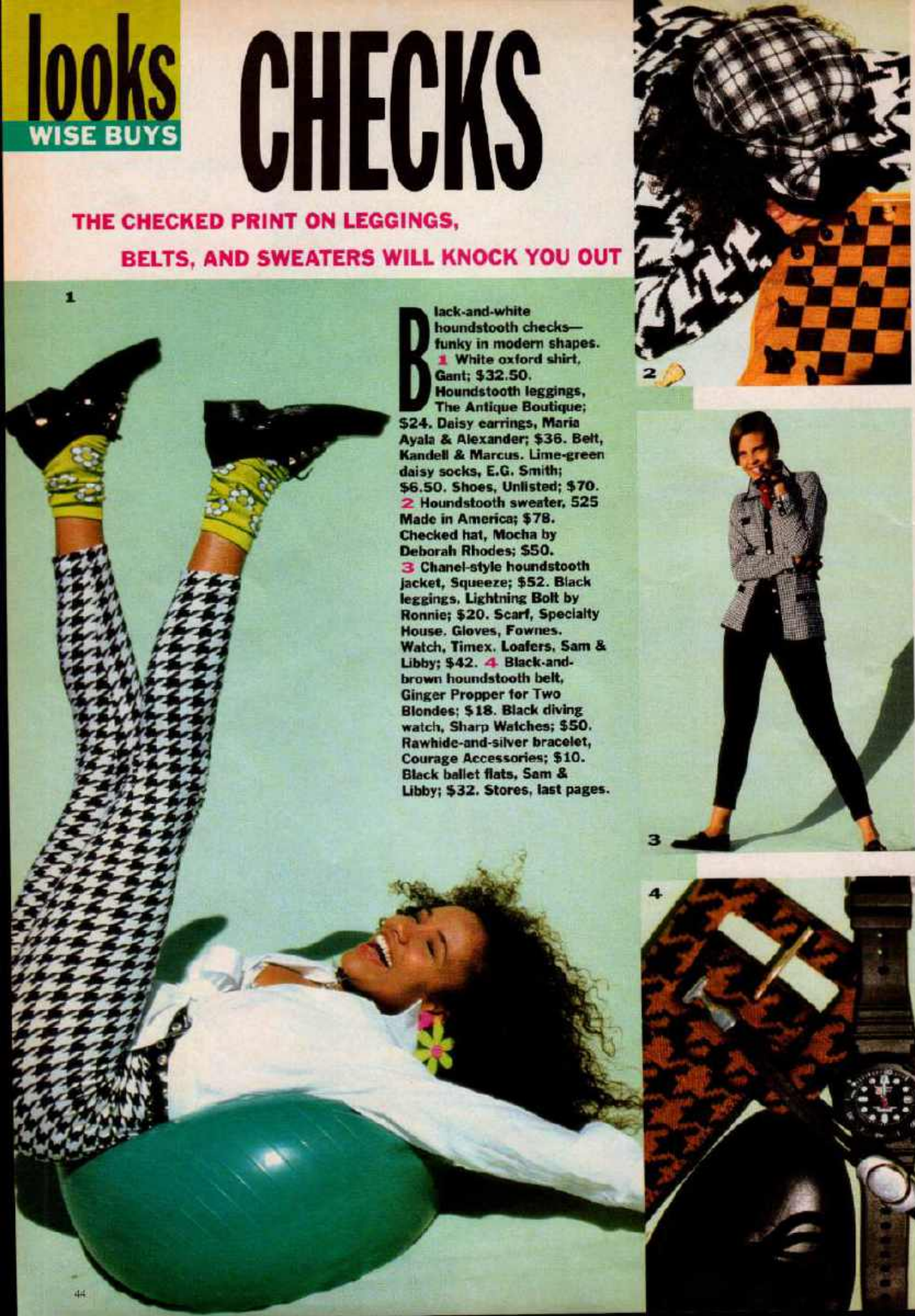
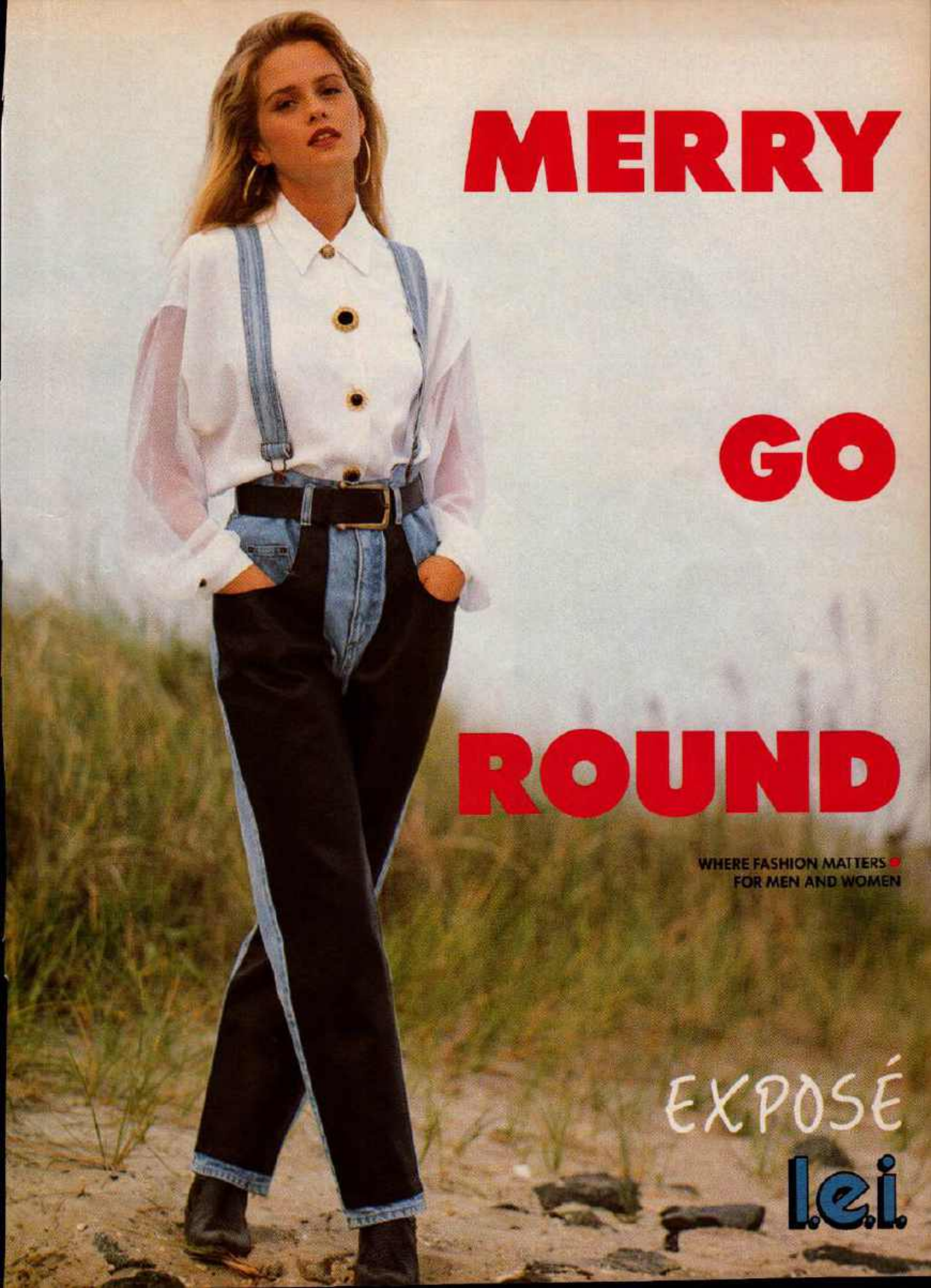
looks
WISE BUYS

CHECKS

THE CHECKED PRINT ON LEGGINGS, BELTS, AND SWEATERS WILL KNOCK YOU OUT



Black-and-white houndstooth checks—funky in modern shapes. 1 White oxford shirt, Gant; $32.50. Houndstooth leggings, The Antique Boutique; $24. Daisy earrings, Maria Ayala & Alexander; $36. Belt, Kandell & Marcus. Lime-green daisy socks, E.G. Smith; $6.50. Shoes, Unlisted; $70. 2 Houndstooth sweater, 525 Made in America; $78. Checked hat, Mocha by Deborah Rhodes; $50. 3 Chanel-style houndstooth jacket, Squeeze; $52. Black leggings, Lightning Bolt by Ronnie; $20. Scarf, Specialty House. Gloves, Fownes. Watch, Timex. Loafers, Sam & Libby; $42. 4 Black-and-brown houndstooth belt, Ginger Propper for Two Blondes; $18. Black diving watch, Sharp Watches; $50. Rawhide-and-silver bracelet, Courage Accessories; $10. Black ballet flats, Sam & Libby; $32. Stores, last pages.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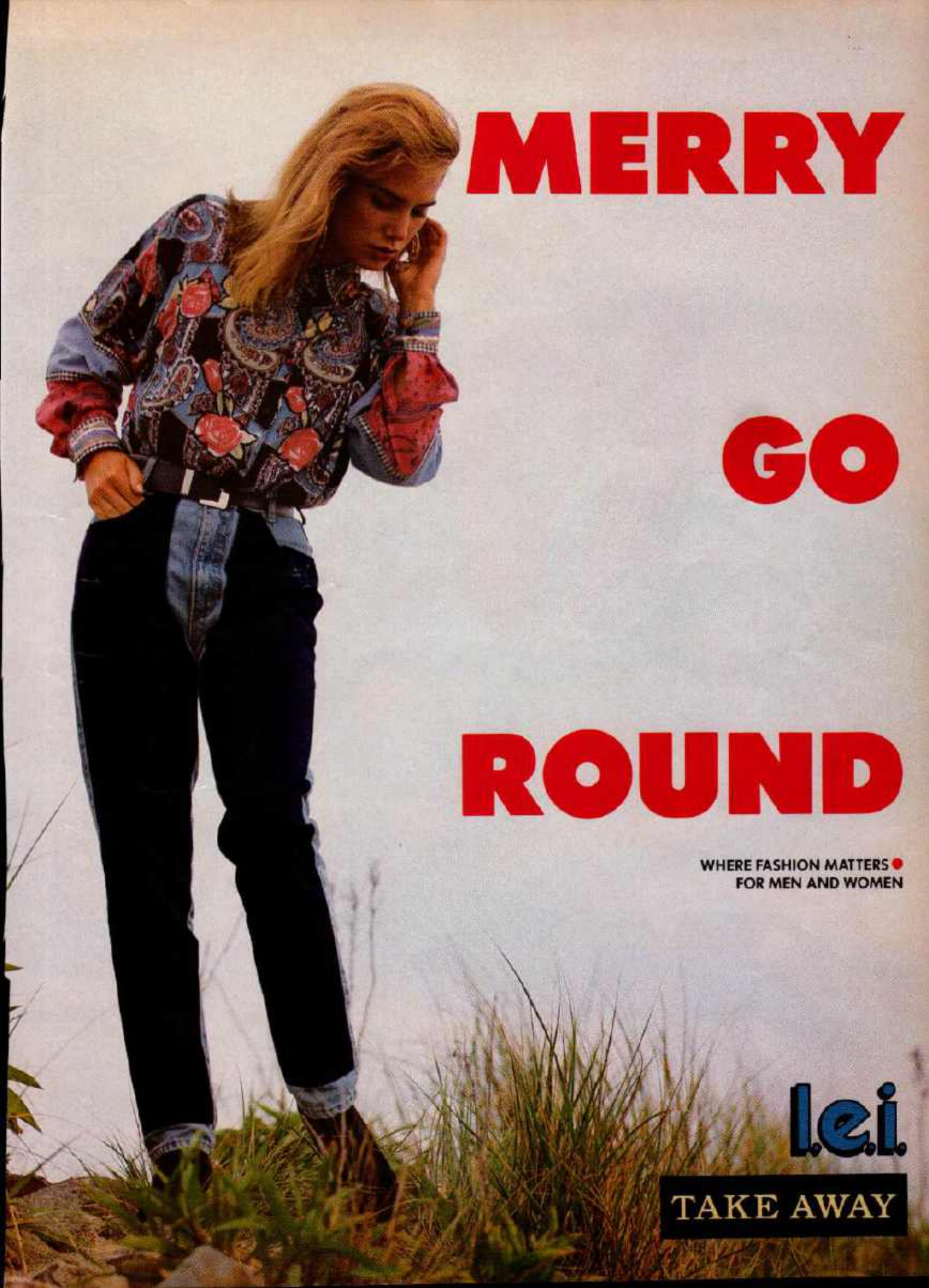
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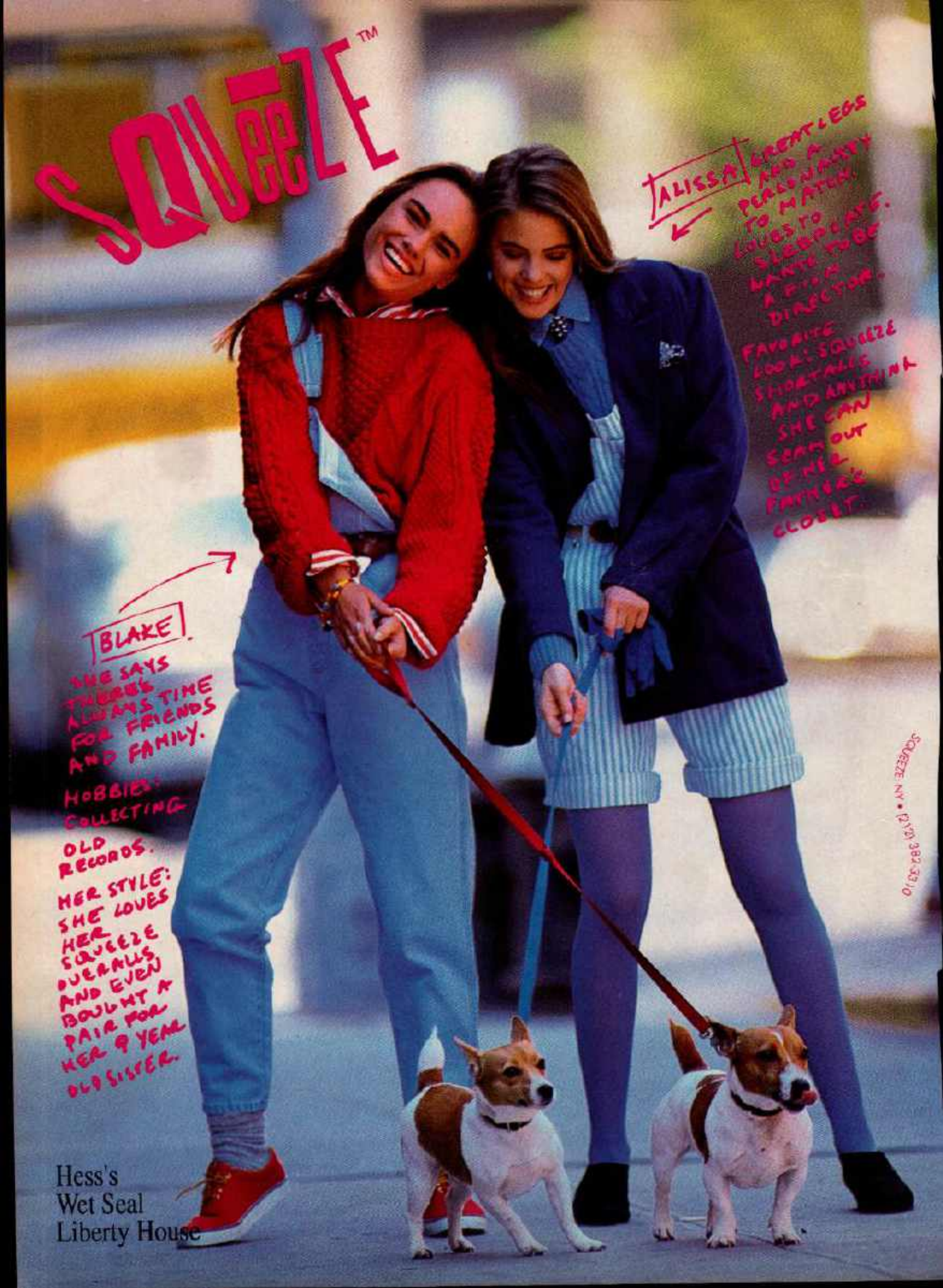
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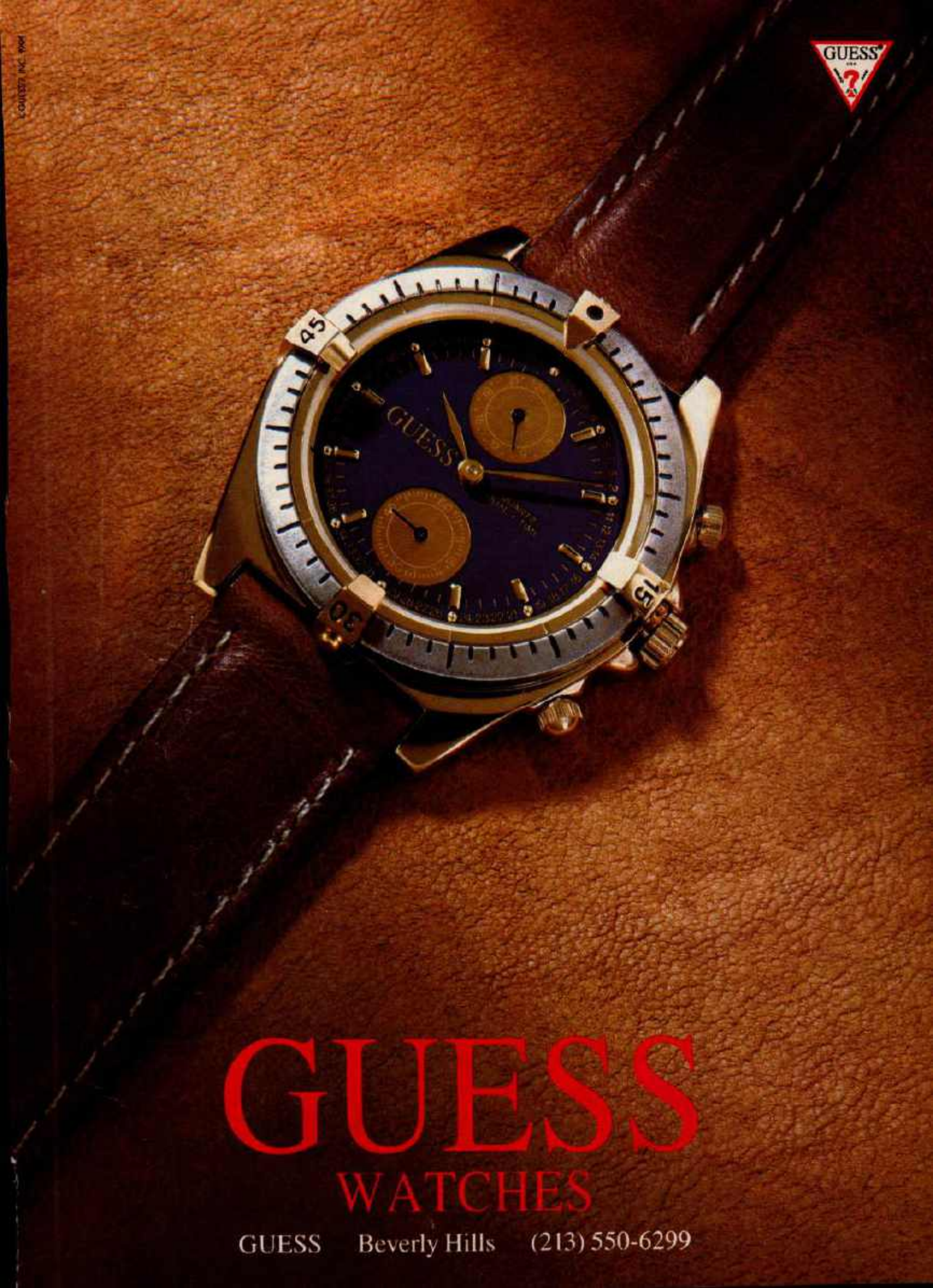
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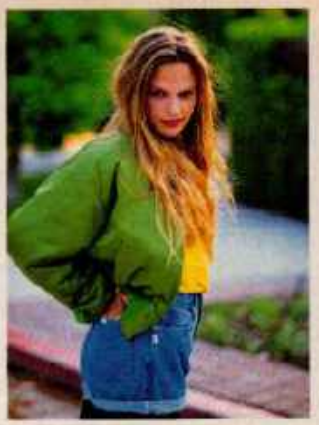
fashion flash

Far left: Red jacket, Spiegel; $199. Yankees jacket, Mirage; $100. *Above, from top:* Satin jacket, Avirex; $190. Denim jacket, Bugle Boy; $90. Black jacket, Guess by Georges Marciano; $342. Gold football jacket, The Antique Boutique; $85.



MY BOYFRIEND'S BACK

Now you don't have to beg, borrow, or steal . . .

Yeah, sure . . . we all know how much guys covet their varsity jackets and class rings. We also know how much better they look on us, right? Well, your boyfriend won't have to share anymore. Here, your very own warm, cozy jackets and cool accessories designed with him in mind but made for you.

Left: Silver ID bracelets, Speidel; $12 to $14. *Right:* Class rings with rawhide, ArtCarved. Stores, last pages.

The day of the jacket

Bomber jackets and anoraks: the bright idea this season for taking the chill out of fall weather. In warm, shimmery shades, these styles add a definite spark to weekend wear. Top your favorite pair of leggings or jeans with an anorak in hot pink, or turn heads in a tough bomber jacket. Either way—for work or play—this warming trend has you covered. *Top:* **Kelly green bomber jacket, Esprit; $120.** *Center:* **Hot pink anorak, Kaos by Andy Johns; $150.** *Bottom:* **Satin bomber jacket, Esprit; $120. Turtleneck, Benetton. Leggings, Necessary Objects.**

Top left photo, Angel Morales. Hair and makeup, Karen Bensimon. Top right photo, Dewey Nicks. Hair, Cheryl Marks for Orbe at Elizabeth Arden. Makeup, Beth Katz. Center right photo, Walter Ramkowski. Hair, Ric Pipino for Pipino Buccheri. Makeup, Dini Williams. Bottom right photo, Nathan Baker. Hair, Rodney Groves for Vartan Salon. Makeup, Giorgio for Revlon. Still lifes, Herb Georgefirme.

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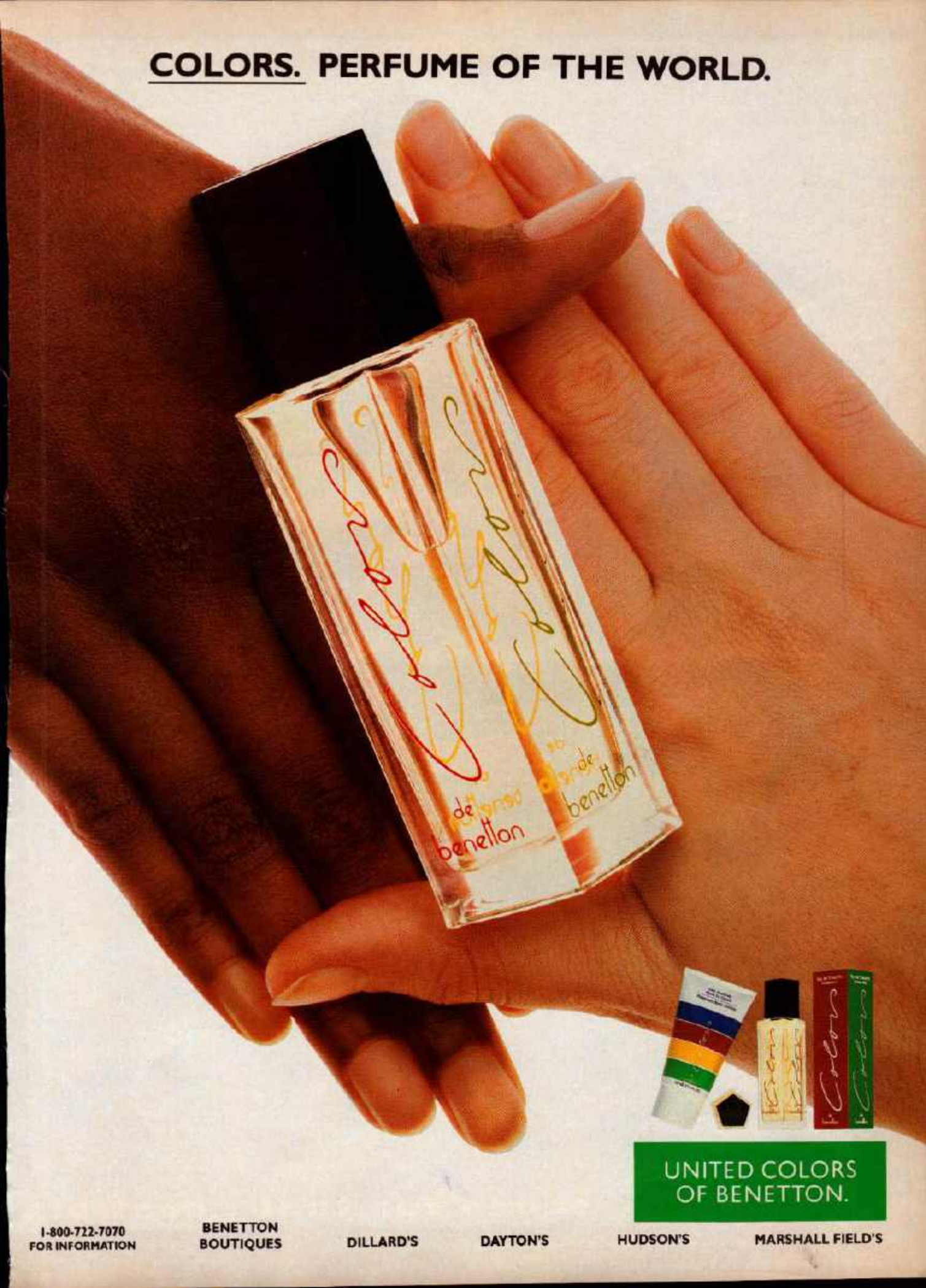

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Here's How to Enter:

1. On an Official Entry Form or plain piece of 3" x 5" paper, hand print your name and address (including zip code), and the complete name and address of your "Best Friend". Also, complete the following sentence by correctly filling in the blanks with the missing words: "Teen Spirit is specially formulated, containing _____ that release extra bursts of _____ when you need it most." (The correct answer can be found on the inside of any "TEEN SPIRIT package.) Residents of the state of MI only may receive the correct answer by mailing a stamped, self-addressed envelope to: Teen Spirit Best Friends Sweeps P.O. Box 4350 Blair, NE 68009. Requests must be received by 8/9/91.

2. Mail your completed entry in an envelope to: TEEN SPIRIT Best Friends Sweepstakes P.O. Box 4348, Blair, NE 68009. Limit one entry per envelope. Entries must be received by 8/30/91. But responsible for lost, late or misdirected mail. No mechanically reproduced entries permitted.

3. Winners will be selected in a random drawing on or about 9/6/91 from among all eligible entries received by D.L. Blair West, Inc., an independent judging organization whose decisions are final. All prizes will be awarded and winners notified by mail. Limit one prize per family/household.

4. PRIZES AND APPROXIMATE RETAIL VALUES: 4 Grand prizes of $1,000 cash; 5 First prizes of a Sony Discman Portable CD Player ($295.00 each); 15 Second Prizes of a Phonemate Cordless Telephone ($39.95 each); 100 Third Prizes of a Fabric Fanny Pack from Vision Street Wear ($15.00 each). The "Best Friend" named on each winner's entry will receive a duplicate of the prize which is awarded to that winner. No substitution or transfer of prize permitted.

5. Sweepstakes open to U.S. residents. Employees of Warner, their affiliates, subsidiaries, advertising and promotion agencies and the families of each are not eligible. Void where prohibited by law. All federal, state and local laws and regulations apply. All winners, state and local taxes are the sole responsibility of winners. Potential winners (or parent or legal guardian of winning minors) must sign and return any required Affidavit of Eligibility/Release of Liability/Prize Acceptance Form within 21 days of notification. Noncompliance within this time or return of any prize/prize notification as undeliverable, and result in disqualification and an alternate will be selected. By acceptance of prize, winner agrees to use of name and/or likeness for purposes of advertising or trade without further compensation. The odds of winning will depend on the number of eligible entries received. Any Grand Prize won by a minor will be awarded in the name of his/her parent or legal guardian.

6. For a list of major winners, available after 12/1/91, send a separate stamped, self-addressed envelope to: Women Best Friends Winners, P.O. Box 4362, Blair, NE 68009.

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TEEN Spirit™ WIN A BEST FRIENDS Shopping Spree!

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Fill in your name and address and the name and address of your best friend on the form below and send it in an envelope to:

TEEN SPIRIT BEST FRIENDS SWEEPSTAKES
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Blair, NE 68009

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Name _____
Address _____
City, State _____
Zip _____

YOUR BEST FRIEND:
Name _____
Address _____
City, State _____
Zip _____

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YOUR BACK-TO-SCHOOL WARDROBE IS WAITING! LOOK FOR DISPLAYS AT YOUR FAVORITE DRUG, FOOD OR MASS MERCHANDISE STORE!

The road to school, the local parks, the trails outside town, wherever your wheels take you . . . push the envelope on a mountain bike. *Above, from left:* Green and blue reversible windbreaker, Patagonia; $98. Padded biking shorts, Hind; each $48. On model: Yellow CoolMax zip-front jersey, Performance; $20. Black turtleneck, Necessary Objects. Cycling shorts, Softouch; $25. Sunglasses (around neck), Tropic-Cal. Neon pink bicycle helmet, Paramount Design Group; $69.95. Multicolor cycling gloves, Kinco International; $20. Watch, Armitron. Twenty-one-speed mountain bike, HardRock Cruz by Specialized; $279.99. Socks, Bonnie Doon. Cycling shoes, Nike. *Below:* Cycling shades (they block UV rays), Oakley; $110. For stores, turn to the last pages.

#3. The only way to motor . . . . Mountain bikers cruise. From rocky roads to city streets. Truly radical

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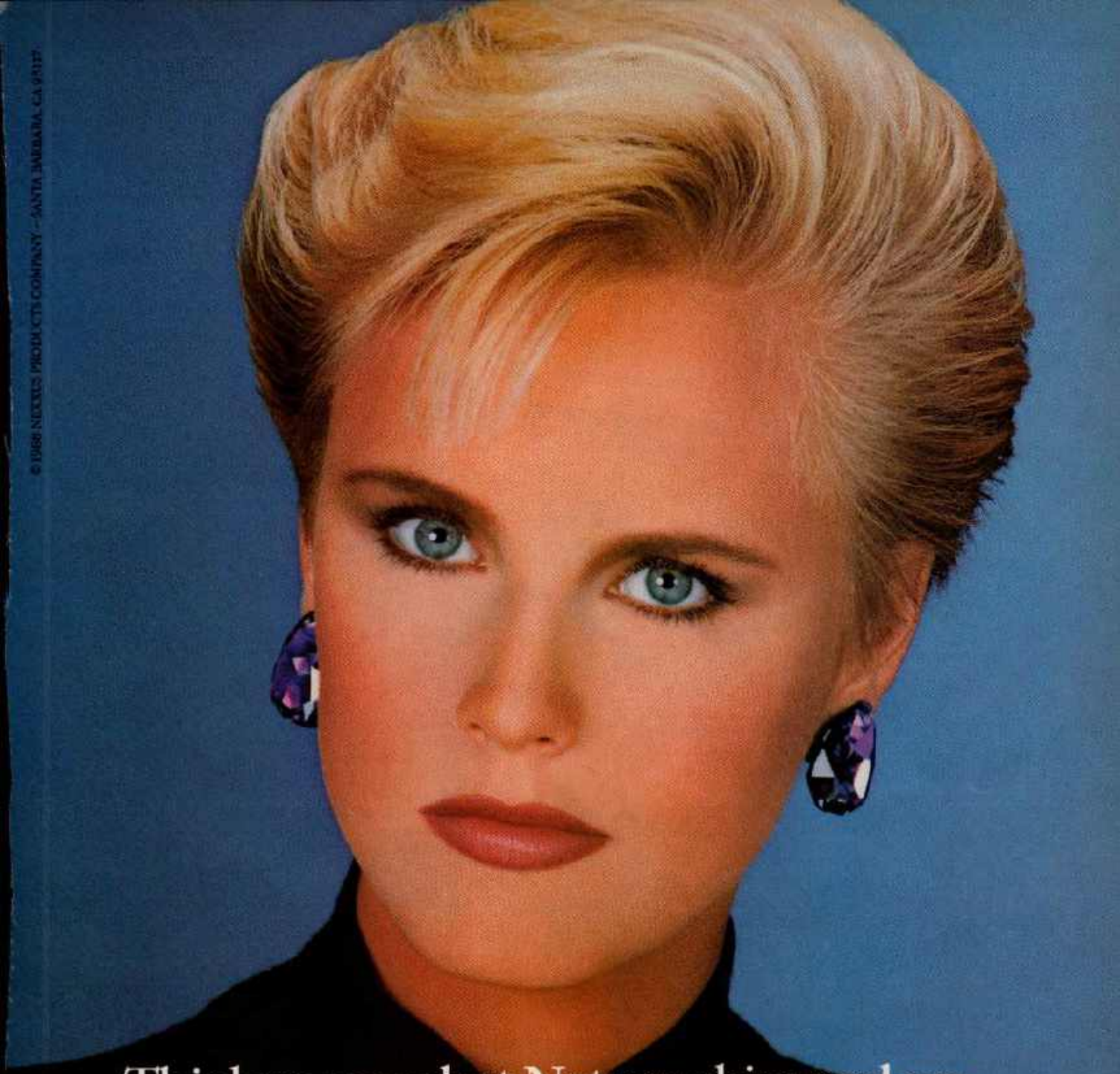

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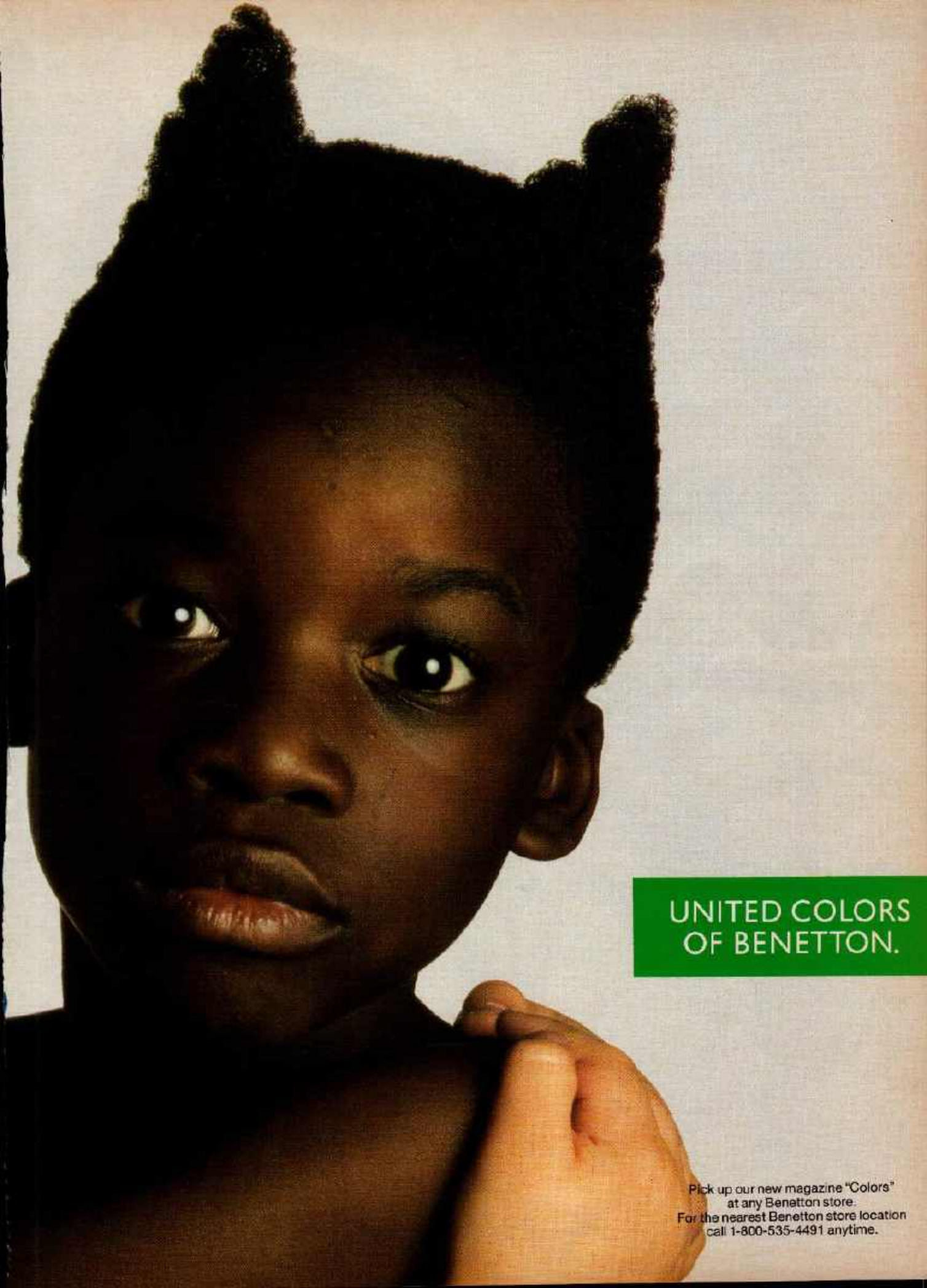
#4. Everyone's getting serious about the planet. Don't get left in the dust

Earth first! *Above, from left:* Recycled paper pad, John Rossi Company; $10. Recycled paper notebook, Mead; 95¢. Recycled paper memo pad, Clairfontaine; $2.20. Small recycled paper pad ($9) and recycled binder ($10), Ordning & Reda. Recycled filler paper, Stuart Hall; $2.19. Recycled plastic scissors ($1.89) and ruler (89¢), Acme United Corp. Solar-powered calculator, Plus; $32.95. *Right:* Hair rinse and shaving oil, Goodebodies. *Bottom right:* Board game, Earth Alert by Michael[2]; $29.95. *On model:* Jacket, Levi's Womenswear; $63. T-shirt, What Now . . .; $16. Sweat jacket, Asics; $36. Leggings, JCPenney; $22. Watch, Awatchby Armitron; $30. Socks, Bonnie Doon. Shoes, Guess Footwear; $98. Stores, last pages.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Photography: Charles Rush

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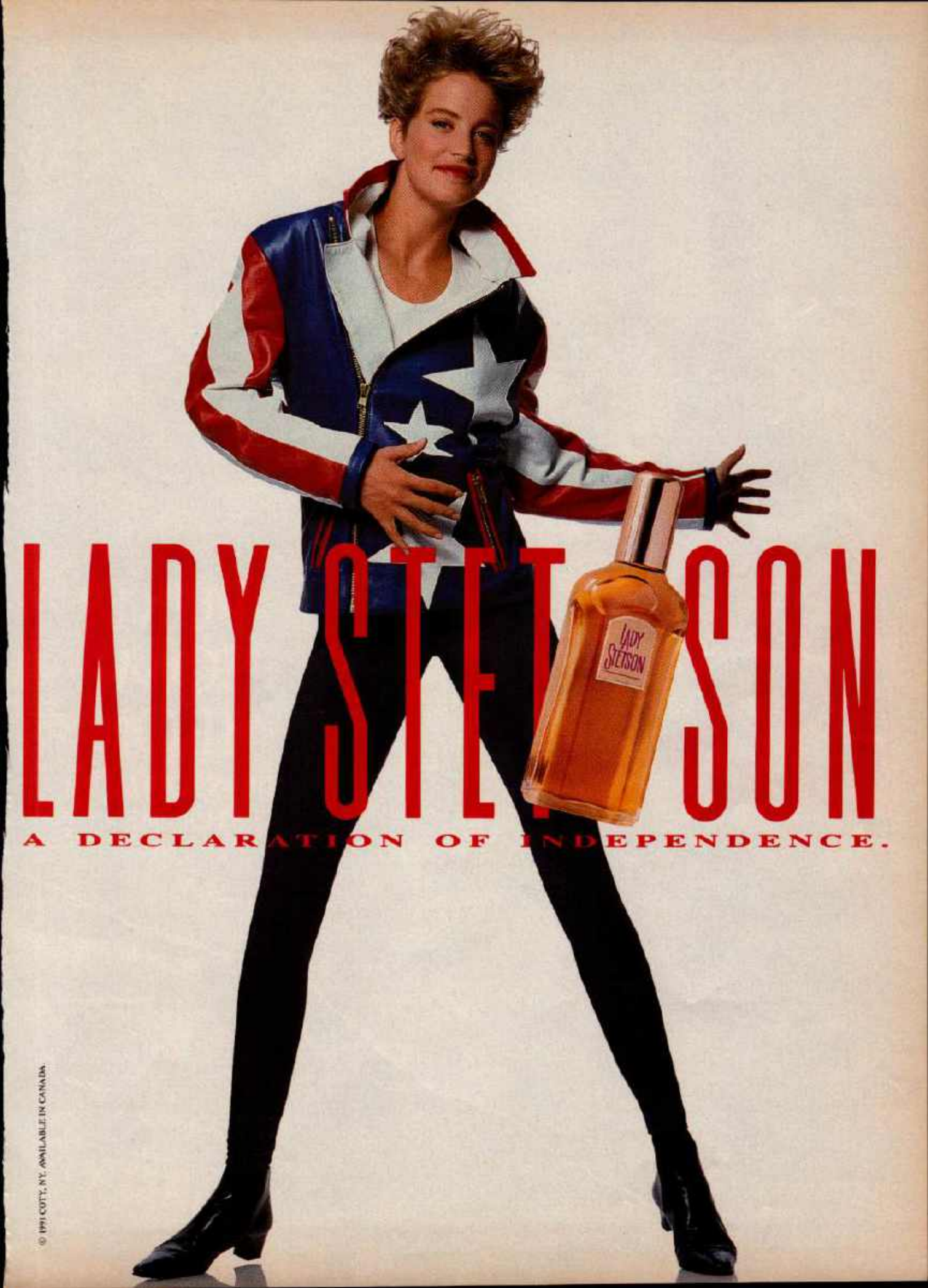
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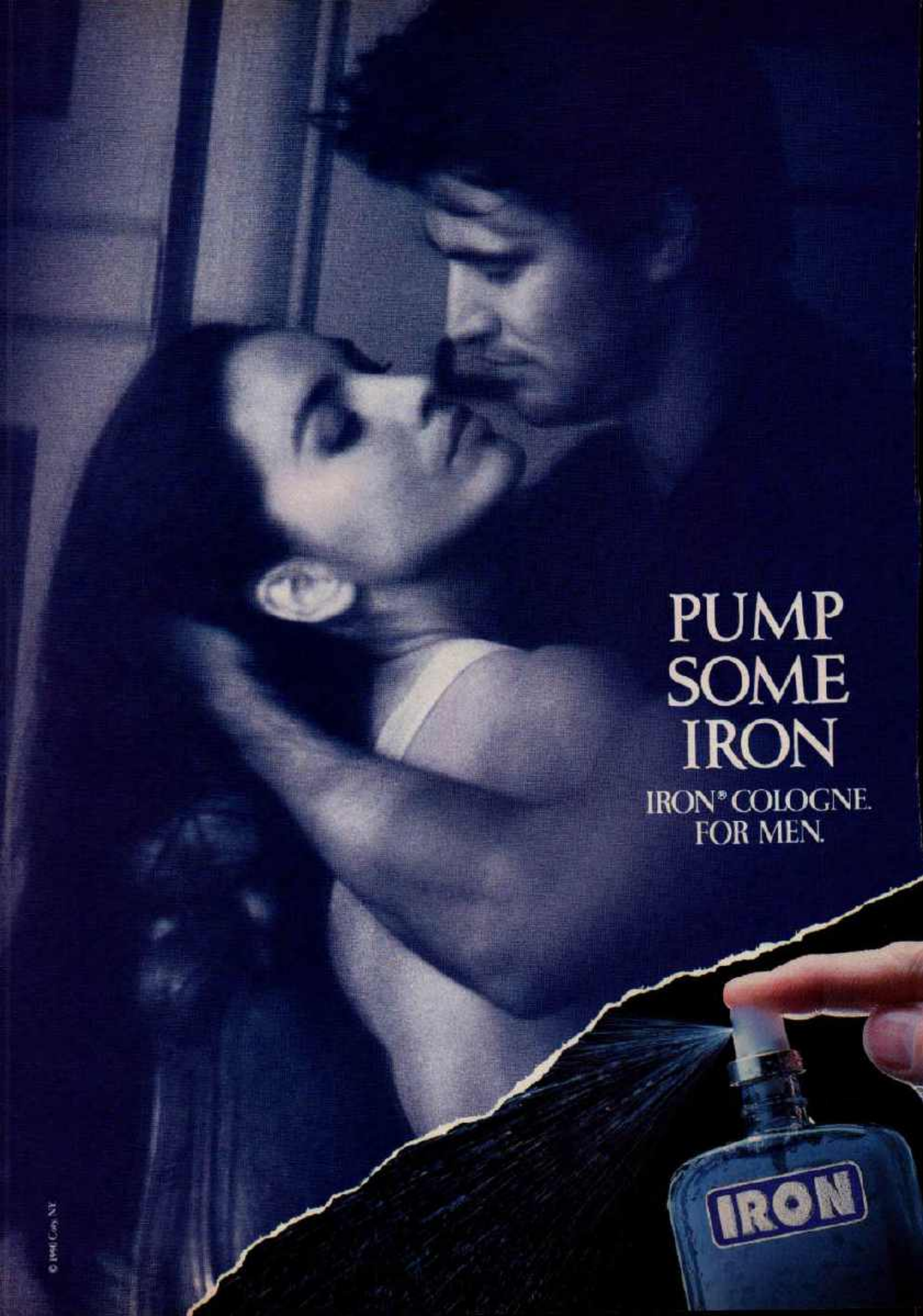
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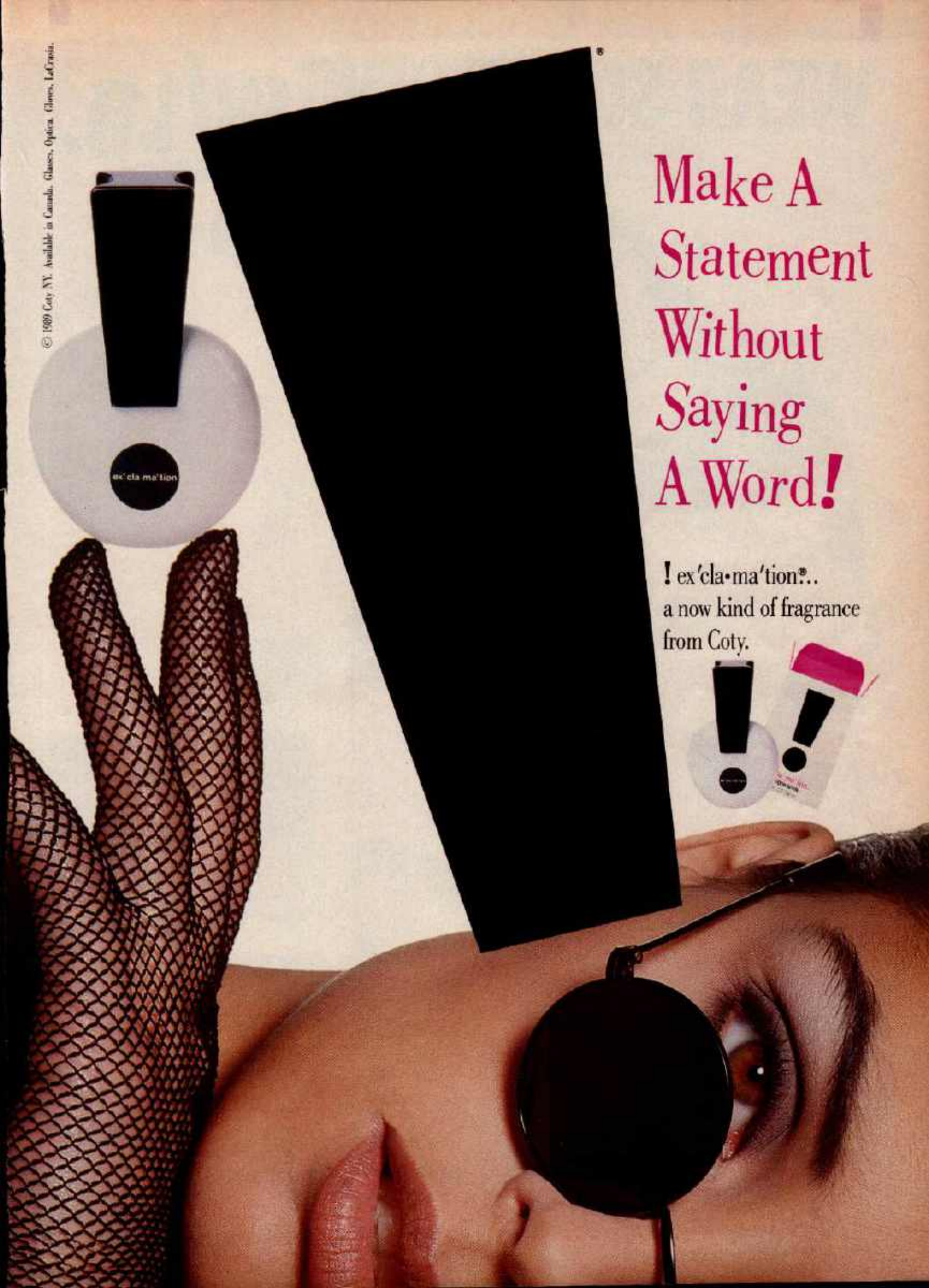
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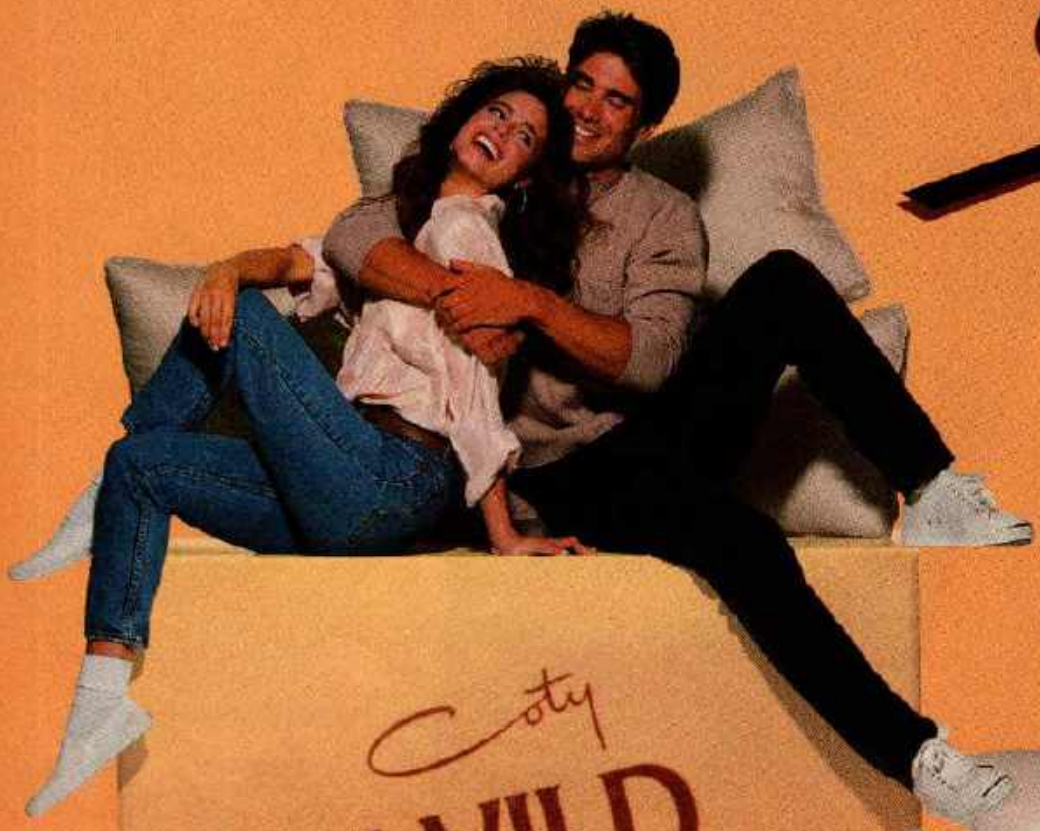

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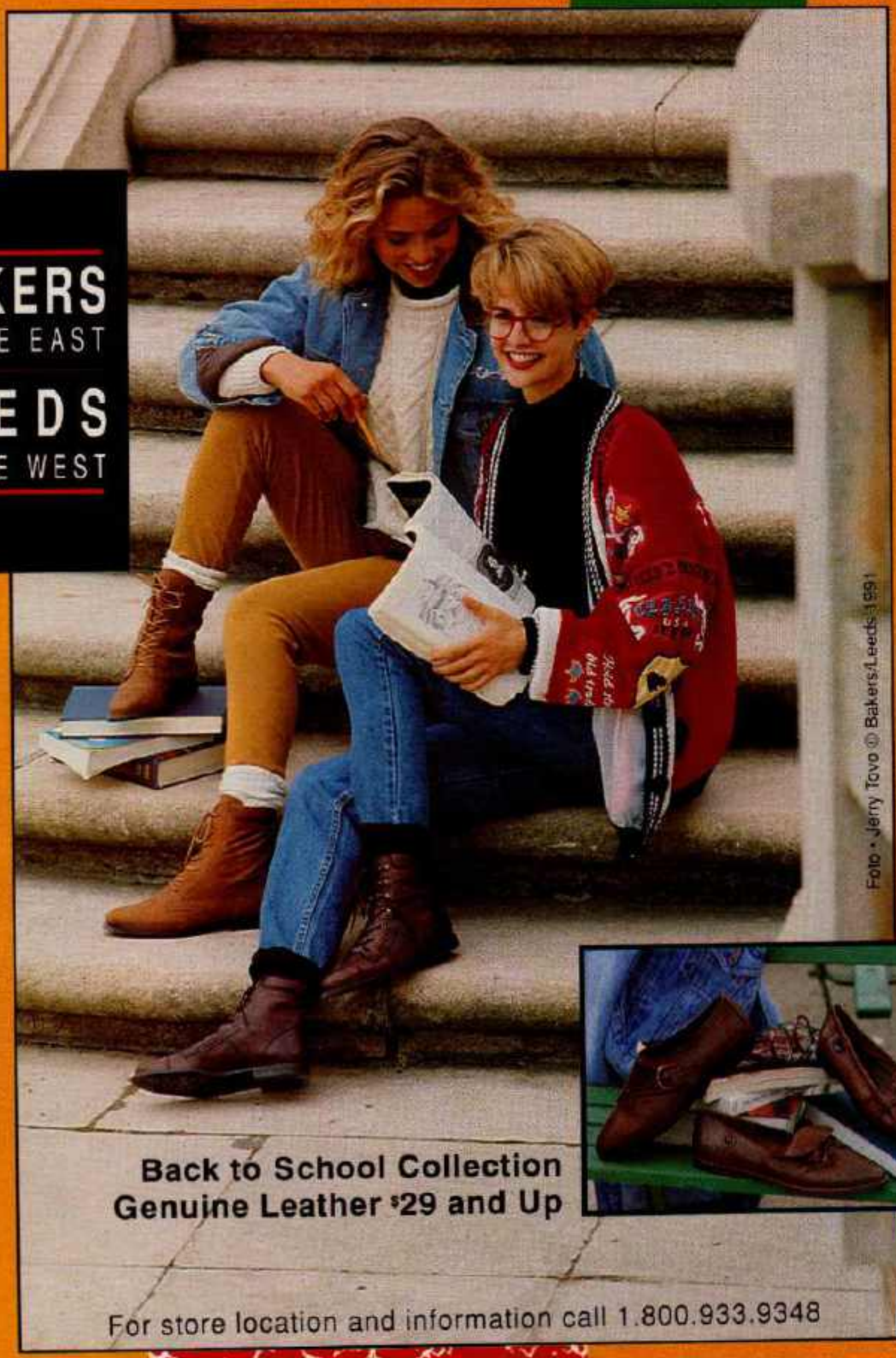

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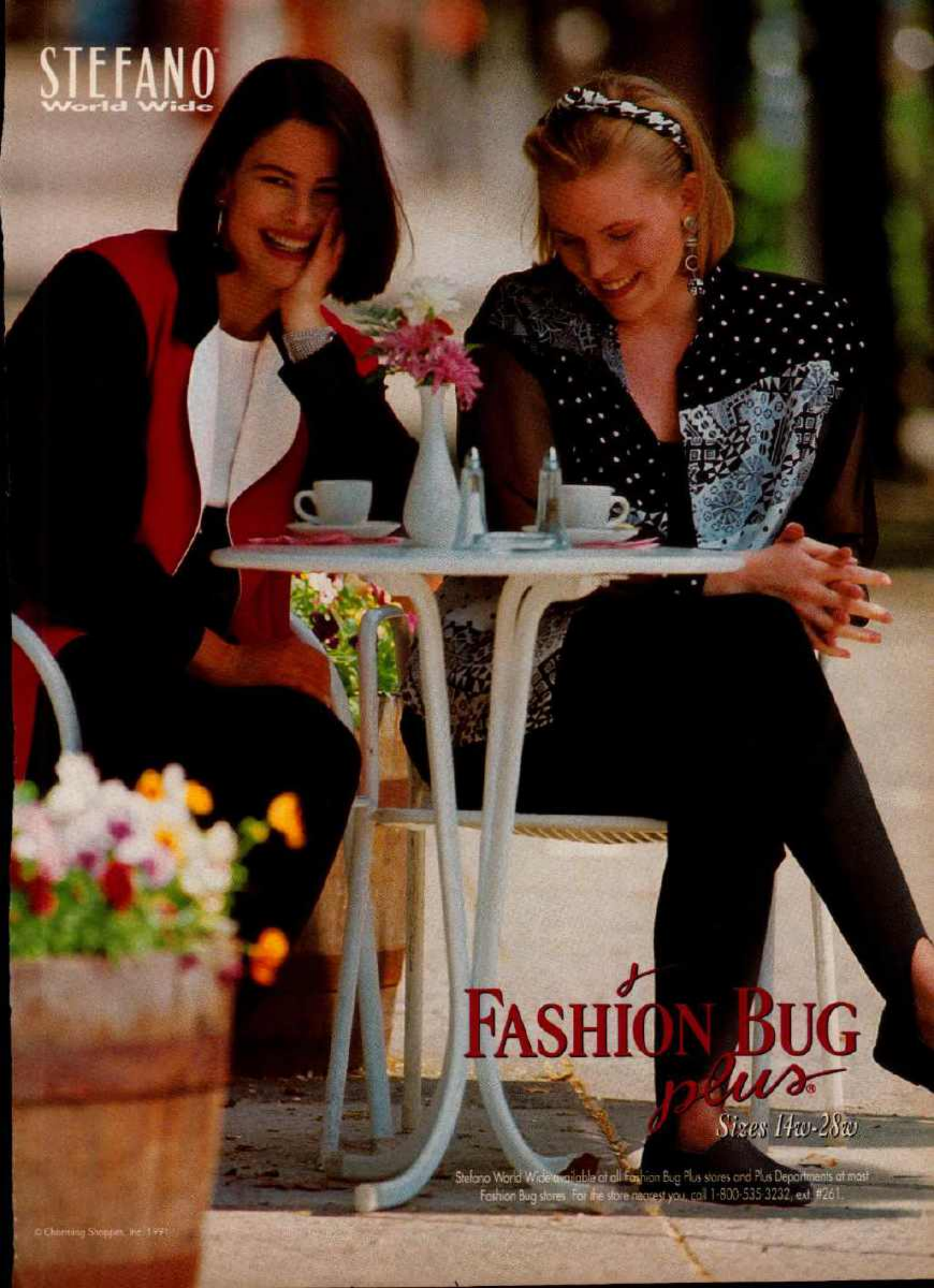
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Photography: Charles Bush

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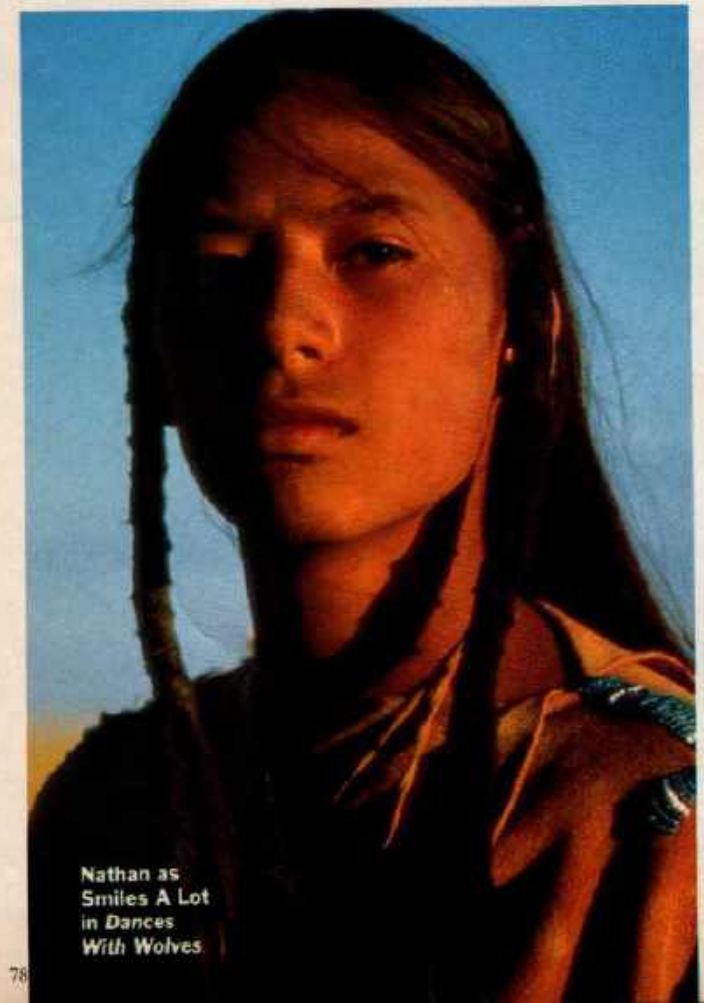
Nathan poses in traditional Lakota clothing and headdresses.

DANCES WITH HISTORY

ON BEING SMILES A LOT AND OTHER THINGS . . .



Nathan as Smiles A Lot in *Dances With Wolves*

My Indian name is Brown Eagle, the spiritual name I was given from my grandfather on my father's side, whose name was also Brown Eagle. He gave it to me in a ceremony called the Name-Giving Ceremony, which is a ritual performed when a child receives a spiritual name or Indian name. My legal name is Nathan Lee Chasing His Horse. Nathan Lee was given to me by my mother, and Chasing His Horse is the name I inherited from my father, Joseph Chasing His Horse. My movie name is Smiles A Lot.

Over a year ago my father and I went to Sinte Gleska, the Spotted Tail College, which is located on the Rosebud Indian Reservation in the state of South Dakota, where I live. He was doing research on Lakota treaty rights. Being interested in our history, I went along with him, not knowing an audition was taking place there for the part of Smiles A Lot in the movie *Dances With Wolves*. The chance to do a lot of horseback riding and archery interested me; to speak the Lakota language interested me most of all. The casting director especially wanted to see those of us with long hair. My tradition believes hair connects us to our spirit. My mother always took care of my hair, since I was a baby. It has never been cut in my life.

I have been very proud to do a part in a movie, especially with Kevin Costner. A good friend of mine, he put a smile on his face even when things got hard. I sure admire him. I know now acting has not only glamour and luxury.

I experienced a lot of hard work for a three-hour film and enjoyed making new friends, Indian and non-Indian. We all worked together as one big family. The movie had a lot of emotional parts, or maybe I should say mixed emotions because it addressed things about my culture and my people.

The way we were portrayed in *Dances* is real. It's the opposite of the old Hollywood stereotype of showing Indians as ignorant or savages (like the old John Wayne movies when he'd single-handedly defeat a bunch of Indians, or when they'd use non-Indians to play Indian roles). That was all unreal. The Lakota, one of three divisions of the Sioux, were a family of people with great respect for one another and nature. Very strong, humble, and wise, they fought and died courageously to defend their freedom and the sacred Black Hills—mountains on the South Dakota prairie—a fight that continues to this very day in the courts of the United States. (The land claims that have been ignored by Congress are now being reviewed by the United Nations.)

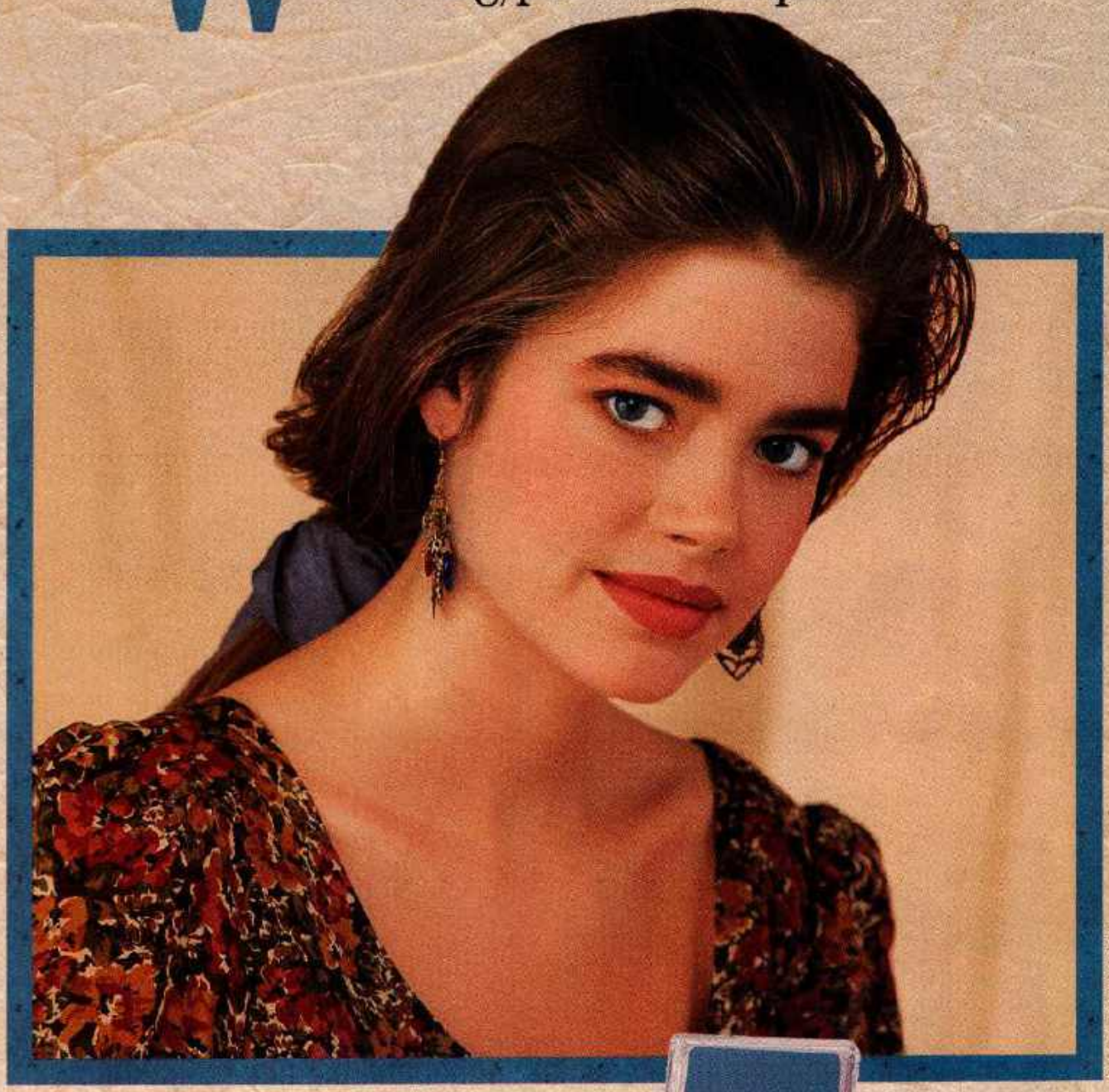
The experience of working on the movie made me even more proud to be what and who I am. I'm sixteen years old and a member of the Rosebud Sioux Tribe of the Great Sioux Nation, born in April on the twenty-eighth on the Rosebud Indian Reservation. I live with my parents, two sisters, and one brother. I am a descendant of the great Sioux chief Crazy Horse and many other great leaders of the Sioux. I am a sophomore at White River High School in South Dakota. My favorite sport is basketball.

I was raised learning the traditional ways of my people by the teachings of my father. I've always had a goal in life to follow my father's footsteps. He is a spiritual leader among my people and conducts the Seven Rites, or Seven Sacred Ceremonies, of the Lakota, which were brought to us thousands of years ago by a sacred being called the White Buffalo Calf Woman. The meaning of these ceremonies is that if one lives a full and happy life in this world, he will experience these seven phases or teachings in life: the Name-Giving Ceremony, Sweatlodge, Healing, Making-of-Relatives, Seeking-a-Vision, Marriage, and the Sundance Ceremony. They are conducted with utmost respect. *(continued on page 80)*

BY NATHAN LEE CHASING HIS HORSE

Top photos: Dave Anderson. Bottom photo: Ben Glass.

With the right eye makeup, seeing is believing, pure and simple.



Photography: Charles Bush

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voices

continued from page 78

In the Sweatlodge Ceremony, a lodge or hut is built with willow sticks. Buffalo hides are tied over the sticks to form a dome shape, and a door is made to the west. Then about twenty-four circular stones are heated in a fire six feet from the door; when the stones are glowing hot, they are taken into the center of the lodge. Those who participate sit in a circle around the hot stones. The door is closed and water is poured on the hot stones, creating steam that causes the participants to perspire, which we believe purifies the body physically, mentally, and spiritually. Then the participants wipe themselves with sage, drink water, and pray and sing ancient songs. I've learned many things from the teachings of our ancient ceremonies: the Four Sacred Directions (west, north, east, south), which mean Four Sacred Virtues (honesty, humility, courage, and generosity); and the Four Phases of Life (childhood, youth, adulthood, and old age), taught through songs and example.

THE WAY WE WERE PORTRAYED IN *DANCES* WAS REAL.

I've also learned that there were a lot of things that were outlawed in my culture. The Indian Religious Freedom Act wasn't passed until 1978. Last year a law was finally passed allowing our Lakota language to be taught in the schools.

I took part in the Reconciliation Ceremony they had at Crazy Horse Monument between whites and Indians of South Dakota. The governor of the state of South Dakota proclaimed 1990 as the Year of Reconciliation between Indians and whites. Both groups planned workshops and gatherings in order to better understand one another's culture and to counter racism. I led the singing of the Sacred Songs: the Filling-of-the-Pipe Song, the Four-Directions Song, and the Tree-Song. The Filling-of-the-Pipe Song is sung while a medicine man fills the sacred pipe with tobacco to be smoked among the leaders of both races, and they all pray together. The Four-Directions Song is an ancient prayer sung toward all the Four Directions, beginning with the west. The Tree-Song sings of the tree of life and how all races are a part of the creation or nature.

It has been a big experience for me to be in a motion picture such as *Dances With Wolves*. Hardly any Indian children have the opportunity I've had. The money for education does not meet the needs of Indian children. Shannon County, where many of the Indian actors in *Dances* live, is the second-poorest county in the nation. The high school dropout rate is 54 percent, higher than the national average. The life expectancy of Indian people is far below the national average; the suicide rate is triple. Unemployment and a lack of economic development hold my people in poverty. Alcohol and drug abuse is at an all-time high on my reservation.

The way I see alcohol and drugs is a pretending-to-be-happy thing for a lot of my friends and relatives, for the Lakota people. I was told by my grandpa that the Lakota people never had things like drugs and alcohol a long time ago. The white man brought it to the Lakota, and now the people use it to escape from problems; they depend on it. Maybe they do feel good for a while, but the problems are still there. There are a lot of young people my age who are into these things, too. I guess it's everywhere in this world, and it makes me sad and mad.

To the youth, let's continue our education and be a good example for the next generation without drugs and alcohol. It can be done. I was taught to learn who you were, who you are, and who you're going to be. For me, I'm learning my culture, and I believe in it. Let's prove things can work without the stuff. Our thoughts are as high as the eagle flies.

SEEKING SOUNDING BOARD MEMBERS

It's time to assemble the 1992 Sounding Board—a panel of forty readers who want to share ideas and opinions with our writers and editors. That's where you come in.

There's been a lot of debate lately about being "politically correct" and about "isms"—racism, ageism, sexism, lookism (just to name a few). If you're between the ages of thirteen and twenty-one as of December 31, 1991, make up your *own* "ism" and explain it. Be as funny, imaginative, or serious as you'd like. Write it down (two pages max) and send it with your name, age, address, and phone number to SEVENTEEN Sounding Board, 850 Third Avenue, New York, NY 10022. Entries *must* be postmarked by November 1, 1991. Those selected will receive a free one-year subscription. Good luck!

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JUMPING JOY

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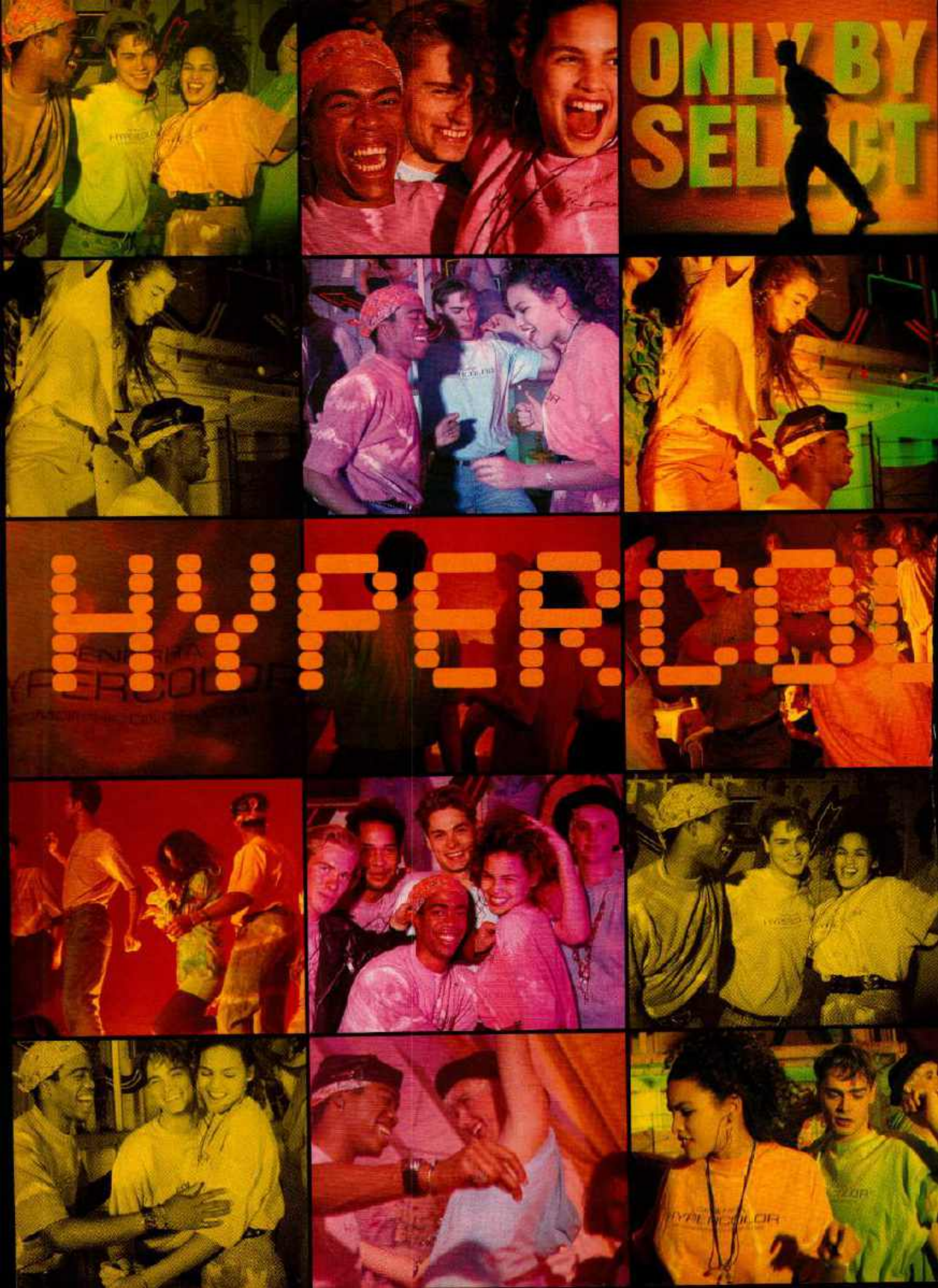
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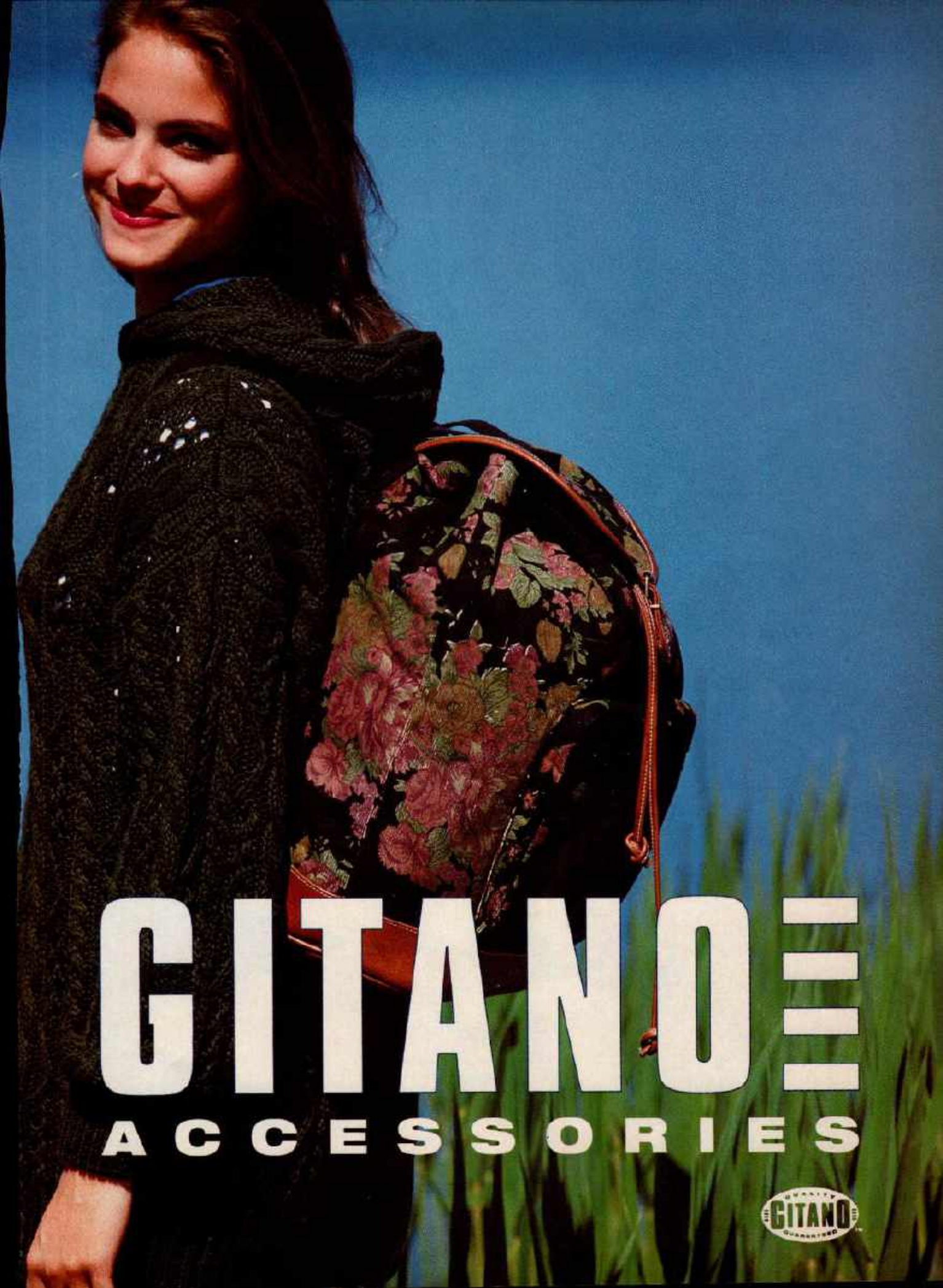
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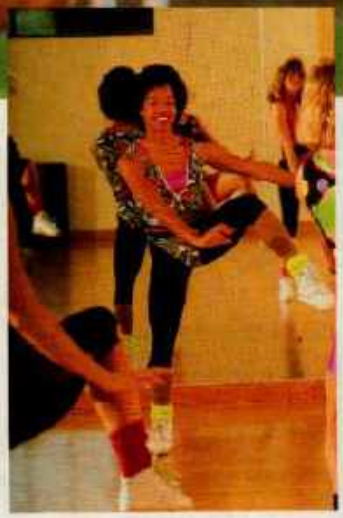
fitness

SNEAK PREVIEW

These days it seems as if there's an athletic shoe designed especially for every activity. But the fact is, you don't *need* a different shoe for every single sport you participate in. "You really only need a sports-specific shoe if you engage in a particular sport at least once a week," says Gary Rippberger, president of the American Academy of Podiatric Sports Medicine. The best alternative for occasional athletes: cross-trainers.

***Above:* Jackie Joyner-Kersee takes flight in her running shoes. *Above left:* Andre Agassi and tennis shoes by Nike—a perfect match. *Right:* When it comes to aerobics, lacing up for a high-impact workout is part of the routine.**



GET FIT To make sure the shoe fits: Try it on in your size, then compare with the next size larger and smaller. Stand with full weight on feet. Leave one fingers' width between your longest toe and the end of the shoe. Shoes should feel comfortable in the store; don't assume they'll "break in" later.

Find the right sports shoe for you

Paisley tennis shoe, Tretorn; $30.

Running shoe, Nike; $65.

Aerobic shoe, Reebok; $105.

Here, our guide to sports-specific shoes and their unique features. **Running** Each time a runner's foot hits the pavement it sustains the impact of the runner's weight times three. So running shoes need intense cushioning to protect joints and reinforced heels to prevent slipping. Also key: a flexible forefoot for maximum spring. **Cross-training** For the occasional athlete who does lots of sports, these sneakers have firm midsoles and lateral support. **Aerobics** Lateral support for sideways movement, intense cushioning to protect joints from high-impact exercise, flexibility, and a light weight for dancelike steps make these shoes the coolest for aerobics class. **Tennis** What makes a tennis shoe ace: lateral support for side-to-side movement. And for people who play on a clay surface, relatively smooth treads—needed so that the court doesn't get dug up. **Stylin'** Maybe it's not a sport, but looking great is a good enough reason to wear some sneakers. Athletic shoes like the Pump System from Reebok not only offer support (the air-filled chamber means that the shoe fits just as if it were made for your foot) but are also totally trendy. Another sneaker with style: The Tretorn Nylite. This classic tennis shoe now comes in funky colors, plaid, and paisley. Perfect for hitting—or having a ball.

Cross-trainer shoe, Bossini.

Tennis shoe, British Knights; $45.

Aerobic shoe, Kaepa; $65.

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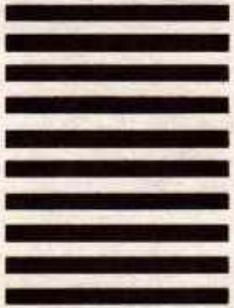

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New Always® Ultra Plus maxis. They're about as thin as a piece of gum or your favorite CD. Plus they protect better than any regular maxi.*

The secret is this. The Dri-Weave topsheet pulls moisture right into the pad. Then the amazing, ultra absorbent core locks moisture in... away from you. There's even these wing things that wrap around your panties. And that helps prevent leaking.

Think about it. New Always Ultra Plus maxis give you big protection in a skinny pad that doesn't show... under your mini skirt or your tight white jeans.

So why should you use tampons?

*Protection data vs. regular-sized, conventional maxis.

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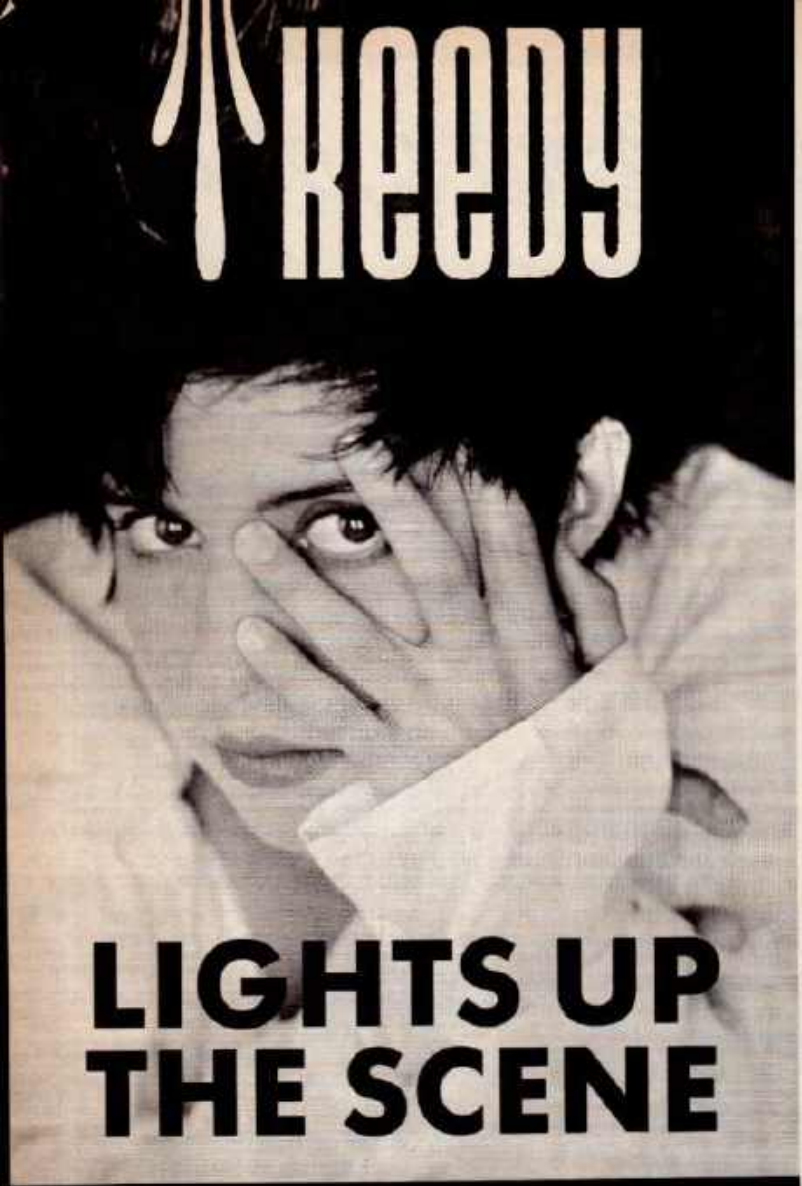
NEW always ULTRA PLUS

keedy



LIGHTS UP THE SCENE

"Between Keedy's moments of innocent abandon and her shivery sadness, Chase The Clouds is one sweet way to kick off a career."
– ENTERTAINMENT WEEKLY

"Keedy has struck a balance between snap, crackle and pop and a somewhat serious side, demonstrating both an alluring power and refreshing appeal."
– NEW YORK DAILY NEWS

CHASE THE CLOUDS, the sensational debut album from this year's most captivating new artist. Includes the smash hits "Wishing on the Same Star," "Save Some Love" and more.

On ARISTA chrome cassettes and compact discs.

To find out more about KEEDY write to: KEEDY c/o Arista Records 6 West 57th Street, New York, New York 10019 Attention: Dept. 74

ARISTA

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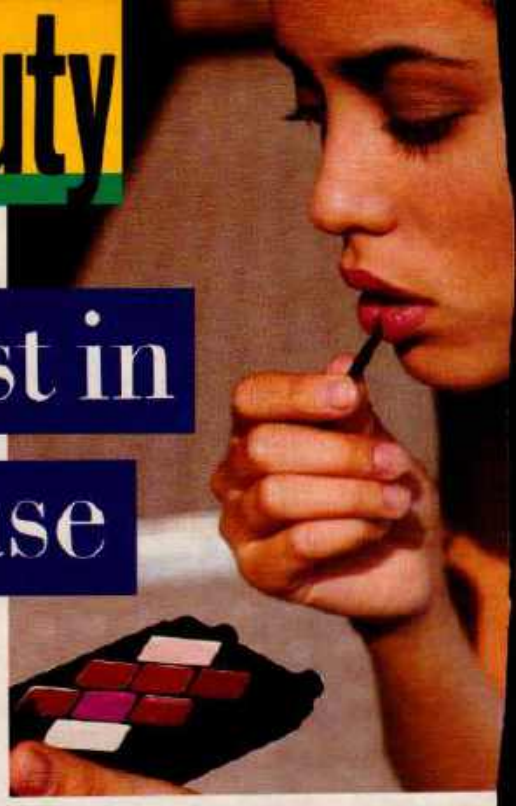
beauty

Just in case



LITTLE BEAUTY KITS KEEP YOU LOOKING "IN" WHENEVER YOU GO OUT. DON'T LEAVE HOME WITHOUT THEM

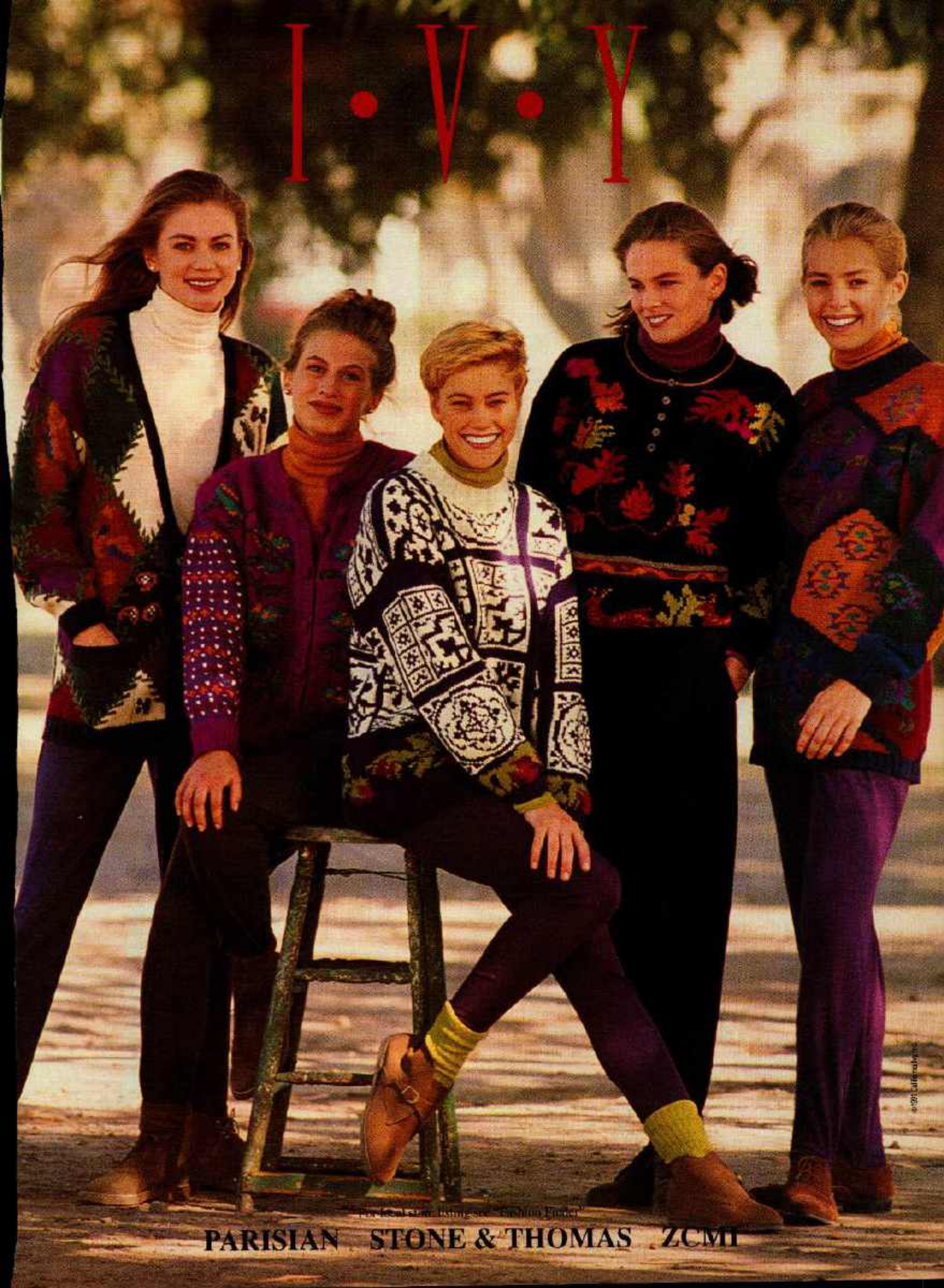
Top photo: Nathan Baker. Hair, Rodney Groves for Vartak Salon. Makeup, Giorgio for Recine. Bottom photos, Enrique Cubillo.

■ All you need for a sexy pout is in the Trucco Lip Box from Sebastian *(top)*: six lip shades, two lip pencils, a lip brush, pressed powder, concealer, a sponge/brush applicator, and a mirror: $35. For more info, call 1-800-829-7322.

■ If you've gotten into the '60s thing, you'll love this kit from Il-Makiage *(top right)*. It includes white and baby blue eye shadows, pale pink lipstick, black cake eyeliner, and false eyelashes: $25. To order, call 1-800-722-1011.

■ Now you can have neater nails anytime, any place with The Nail Pouch *(center)* from DeLore. It includes absolutely everything you'll need for stronger, healthier nails: $18. At drugstores.

■ Skin-care-on-the-go is found in the Rachel Perry Trial & Traveler *(bottom right)*. The small-size skin savers come in a great transparent pouch: $11.50. At beauty-supply and health-food stores; or call 1-800-966-8888.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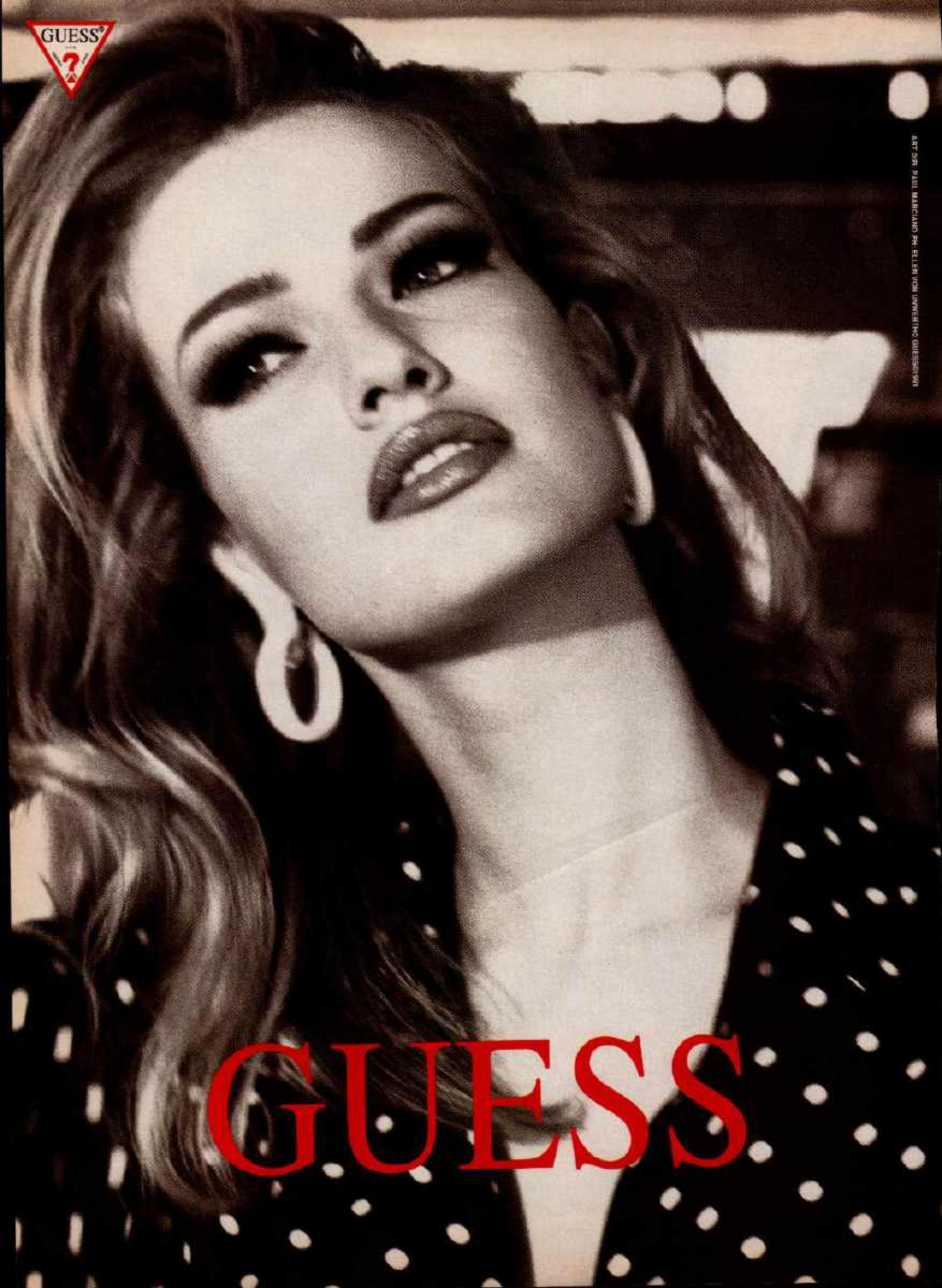
PARISIAN STONE & THOMAS ZCMI


GUESS
ART DIR. PAUL MARCIANO PH. ELLEN VON UNWERTH© GUESS?1991
GUESS

sasha's page

GIVE US A "K" ANY DAY!

Shopping will never be the same. Not since designer Betsey Johnson, her daughter, Lulu, and I raided Kmart. Our mission... to find the most awesome back-to-school duds--I mean complete and total outfits--for under $100. If anyone could do it up right, it's Betsey. Here, she tears through rack after rack, finding the ultimate looks in everything from bike shorts to shades. And on the next page, Betsey puts the pieces together and Lulu does the modeling. Can you even wait? Until next time...

XOX SASHA + Betsey

SASHA CHARNIN MORRISON

Betsey on a budget

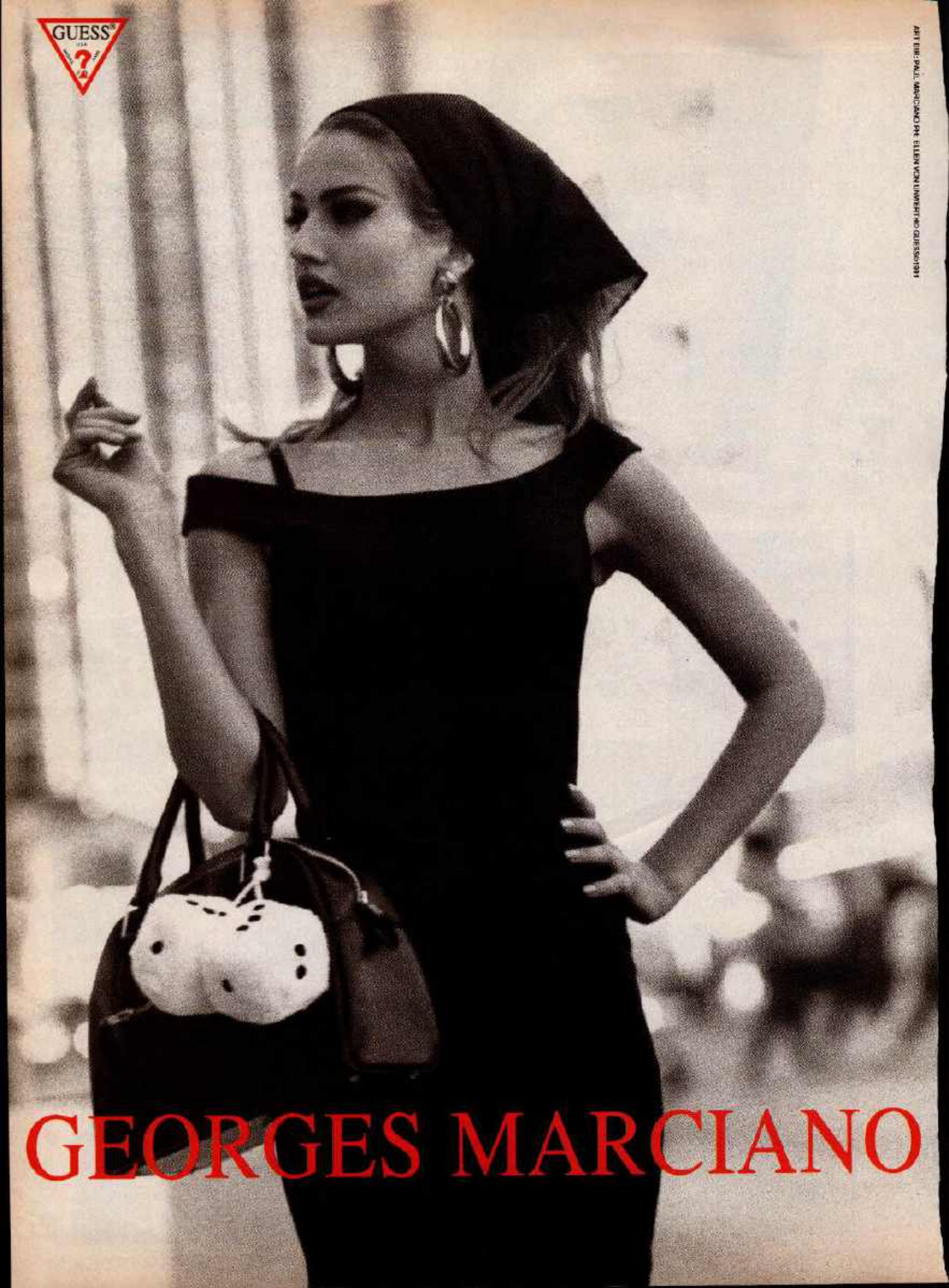
"IT'S SO MUCH FUN TO GO SHOPPIN'... WHEN YOU FIND GREAT STUFF FOR SO LITTLE $$!"

"I GO CRAZY AT EVERY COUNTER! GREAT JEWELRY! GROOVY SUNGLASSES!"

"OVERSIZED!" FOR ME...LULU...+???

"SHOPPIN' BUDDIES."

XO XOXOXO BETSEY.


GUESS
GEORGES MARCIANO

sasha's page

THE KMART ADVENTURE!

"BACK TO REALITY" SASHA + I HAD A BLAST. LULU LOVES MORE CLOTHES FOR LESS $! FOR DECISIONS... DECISIONS...

$96.95

As promised . . . totally outrageous outfits for under $100. All clothes available at Kmart. *Left:* Windbreaker designed by Rachel McLish, $29.99. Black stretch jeans (shortened by Betsey), $22.99. Leggings designed by Rachel McLish, $13.99. Socks, $1.99. Shoes, $27.99. *Below left:* . Dress, $13.99. Leggings, $13.99. Headband, $2.99. Earrings, $5 for a set of two. Bag, $15.99. Socks, $1.99. Shoes, $16.99. *Below right:* Striped turtleneck, $13.99. Leggings, $19.99. Bangles, $3 for a set of fifty. Slingbacks, $12.99. Illustration, Betsey Johnson.

CLEAR PLASTIC COLORED HOOPS
PURPLE HEADBAND
COMES IN PURPLE
PINK TURQ. WHITE
"PURPLE PASSION" A LA K MART.
"MAXI-COOL MINI-DRESS AT A MINI PRICE!"
FIT + FLARE PRINTED "HUFFI-DOT" MINI. BY BETSEY...
STRONG + PRETTY BIG BAG FOR HOMEWORK + WEEKEND STUFF...
COTTON/LYCRA LACE-EDGED CAPRI SKINS
BLACK "CUTOFF COWBOY BOOTS."
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"VERY HIP... VERY COOL... FOR SPORTS OR SCHOOL" XOX LULU.

LULU'S FAVORITES = SLOPPY SHIRT... SKINS... + SLINGS.

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Photos, Leonard Lewis. Hair and makeup, Chuck Jensen.

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Grab the Bold Hold,
and get a Bold New Look
for your hair!
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know you'll look cool),
facial makeover,
and dinner
at the Hard Rock.

No purchase necessary.
See rules for details.

PLUS

20 others win
a $250 shopping spree.
500 more win mini curling irons.

So check out details
at your store...
because on September 30th
the sweepstakes is history!

Basic You?

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SAVE $1.00 on any Bold Hold styling product (4 oz. or larger) and automatically enter the sweepstakes.

Official Entry Form for the BOLD HOLD "Bold New You" Sweepstakes.
REDEEM BY SEPTEMBER 30, 1991 FOR AUTOMATIC SWEEPSTAKES ENTRY.

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(please print clearly)

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HOW TO ENTER:

Simply complete the information requested on the $1.00 coupon included in this advertisement and redeem the coupon by September 30, 1991 for automatic entry. NO PURCHASE NECESSARY. If you do not wish to use the coupon, print your name, complete address and telephone number on a 3 x 5 card and mail to: BOLD HOLD Sweepstakes, Box 1068, Northbrook, IL 60065-1068. Enter as often as you like. Only one entry per envelope. All mail-in entries must be received by September 30, 1991. Sweepstakes starts July 1, 1991 and ends September 30, 1991.

Random drawings will be conducted from among all entries received, on or about December 16, 1991 by David Kessler & Associates, Inc., an independent judging organization, whose decisions will be final. All prizes will be awarded. Odds of winning based on number of entries received. Major prize winners will be notified by mail no later than December 23, 1991, and may be required to sign an affidavit of eligibility, a release and a travel liability waiver within 14 days of the notification date or an alternate winner will be drawn. Prizes won by a minor will be awarded in the name of a parent or guardian. Prizes are non-transferable and substitutions are not allowed. Taxes are winners' responsibility. One prize per family or address.

Prizes: One (1) Grand Prize: 3 days/2 nights to New York. New York for two, two nights first class hotel accommodations, roundtrip coach air transportation from closest major airport, transfers, full day of beauty including facial and hair makeover, $1000 cash, dinner at Hard Rock Cafe. Winners must take trip by September 30, 1992. Approximate retail value: $3000. Twenty (20) First Prizes: $250 cash. Five Hundred (500) Second Prizes: battery operated curling irons, approximate retail value: $14.99 each.

Sweepstakes open to U.S. residents, except employees of Alberto-Culver USA, Inc., FPMC, David Kessler and Associates Inc., participating radio stations, their affiliates, subsidiaries, advertising, production, promotion and fulfillment agencies and the families of each. Void where prohibited or restricted by law. All Federal, State and local laws and regulations apply. No liability is assumed for illegible, lost, misdirected or late mail. Not responsible for printing errors. No mechanically reproduced entries accepted. Not responsible for coupons not timely submitted by retailers or delayed during coupon processing. By entering this sweepstakes, winners consent to the use of their names and likenesses for promotional purposes without additional compensation. Entrants agree to and are bound by official rules.

For Official Rules - Send a stamped self-addressed legal size envelope to Bold Hold Rules, Box 574, Northbrook, IL 60065-0574

For a winners list - Send a stamped self-addressed legal size envelope to BOLD HOLD Winners List, Box 858, Northbrook, IL 60065-0858

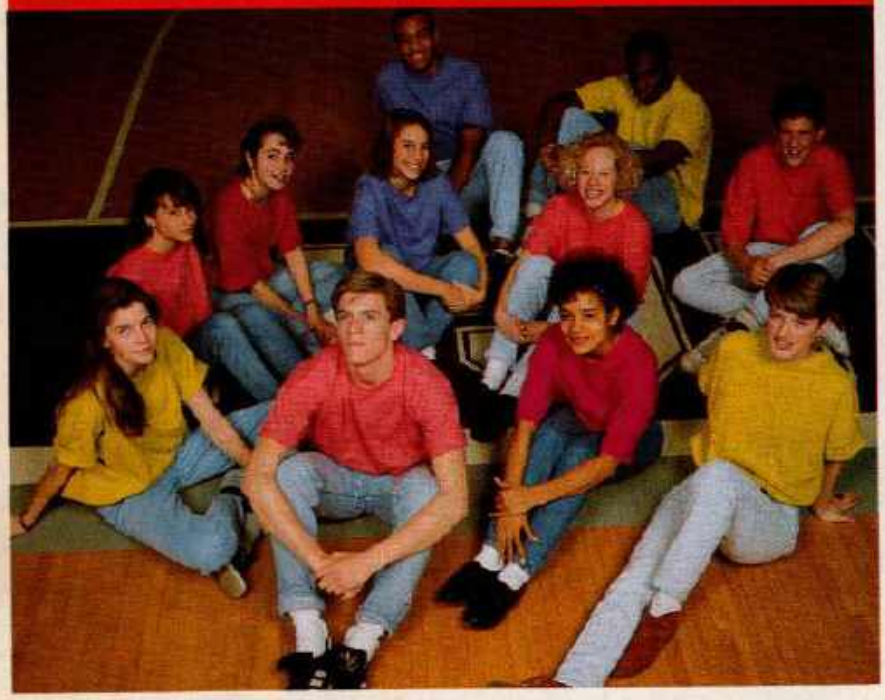
"Bold New You" Sweepstakes.

skin care

SCHOOL FACE-OFF

HOW DID THESE HIGH SCHOOL STUDENTS FIND THE SECRET TO GREAT SKIN?

Nutley High School, in New Jersey, was the perfect setting for a recent skin-care symposium held by Noxzema. After all, who has more skin-care questions than teenagers—and who knows more of the answers than Noxzema and its panel of experts? There, dermatologist Dr. Debra Jaliman explained proper cleansing techniques, psychiatrist Dr. Michael Pertschuk discussed the psychology of appearance, and nutritionist Janet Horowitz gave the students this quiz (take it yourself, *below*) on food-related skin-care facts and myths. Afterward, the Nutley students had about a zillion questions. On the next page, a few of the most commonly asked ones and Dr. Jaliman's answers.



Above, the students of Nutley High School, in New Jersey: *Back row, from left:* Jessica Lahm, Barbara Garcia, Christopher Young, Allan Ledgister, Rob Costomiris. *Center:* Karen Currie, Melissa Heider. *Front row, from left:* Nora Aknay, Danny Neville, Kharleen Ordonez, Kim Offutt. *Below, left:* dermatologist Dr. Debra Jaliman. *Top center:* psychiatrist Dr. Michael Pertschuk. *Bottom center:* student Jessica Lahm. *Right:* Nutritionist Janet Horowitz discusses her quiz.

SKIN QUIZ

1. The problem with the diets of most teens is too much sugar.	**T**	**F**
2. One hundred calories of cheese is just as healthy as 100 calories of skim milk.	**T**	**F**
3. Exercise enriches the skin.	**T**	**F**
4. Exercise increases your appetite.	**T**	**F**
5. High doses of vitamin A help acne.	**T**	**F**
6. Sweating causes pimples.	**T**	**F**
7. Chocolate, sweets, fried foods, and soda cause acne.	**T**	**F**
8. Large amounts of alcohol can make acne worse.	**T**	**F**

Answers: 1. *False.* The problem with teenagers' diets is not too much sugar—it's too much fat (the kind you can find in cheese, whole milk, fried chicken, peanuts, potato chips, and ice cream). 2. *False.* Cheese is 70 percent fat; skim milk is 70 percent carbohydrates (good for you). 3. *True.* Exercise helps the skin by drawing blood to its cells, keeping them healthy and active. 4. *False.* Exercise increases muscle strength, increases metabolism, and burns calories. 5. *False.* Acne isn't caused by vitamin deficiency. In fact, large quantities of vitamin A can be toxic. 6. *False.* Sweating doesn't cause pimples. But if don't wash your face right after perspiring, bacteria develop that can lead to acne. 7. *False.* Fatty and sweet foods do not cause acne. 8. *True.* Alcohol abuse can increase the severity of acne.

Photos, Kevin Hall. T-shirts, PA Company

More on page 104

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New from Bic.
Seven way cool ways to write right every time. The newest wave in writing.
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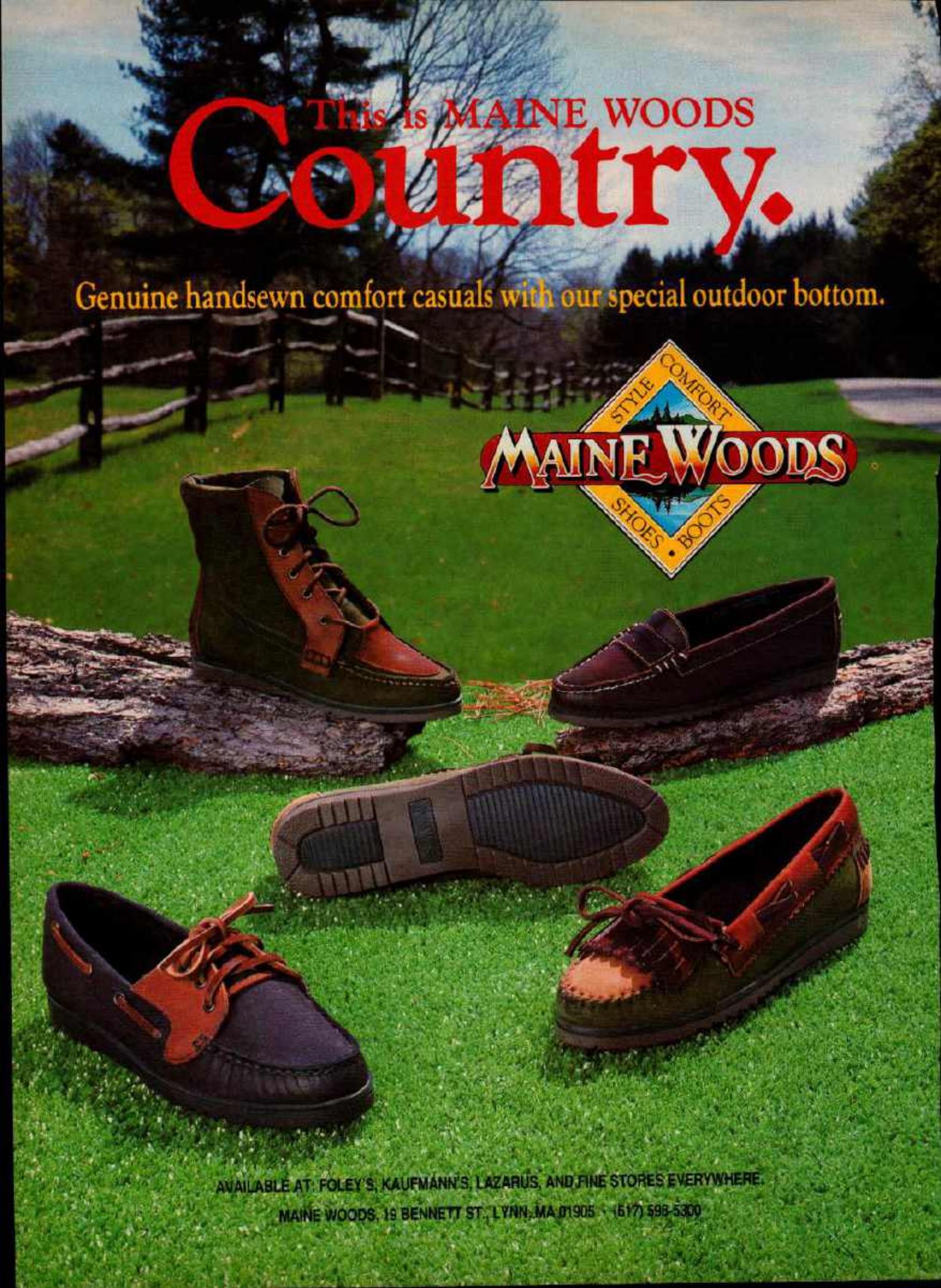
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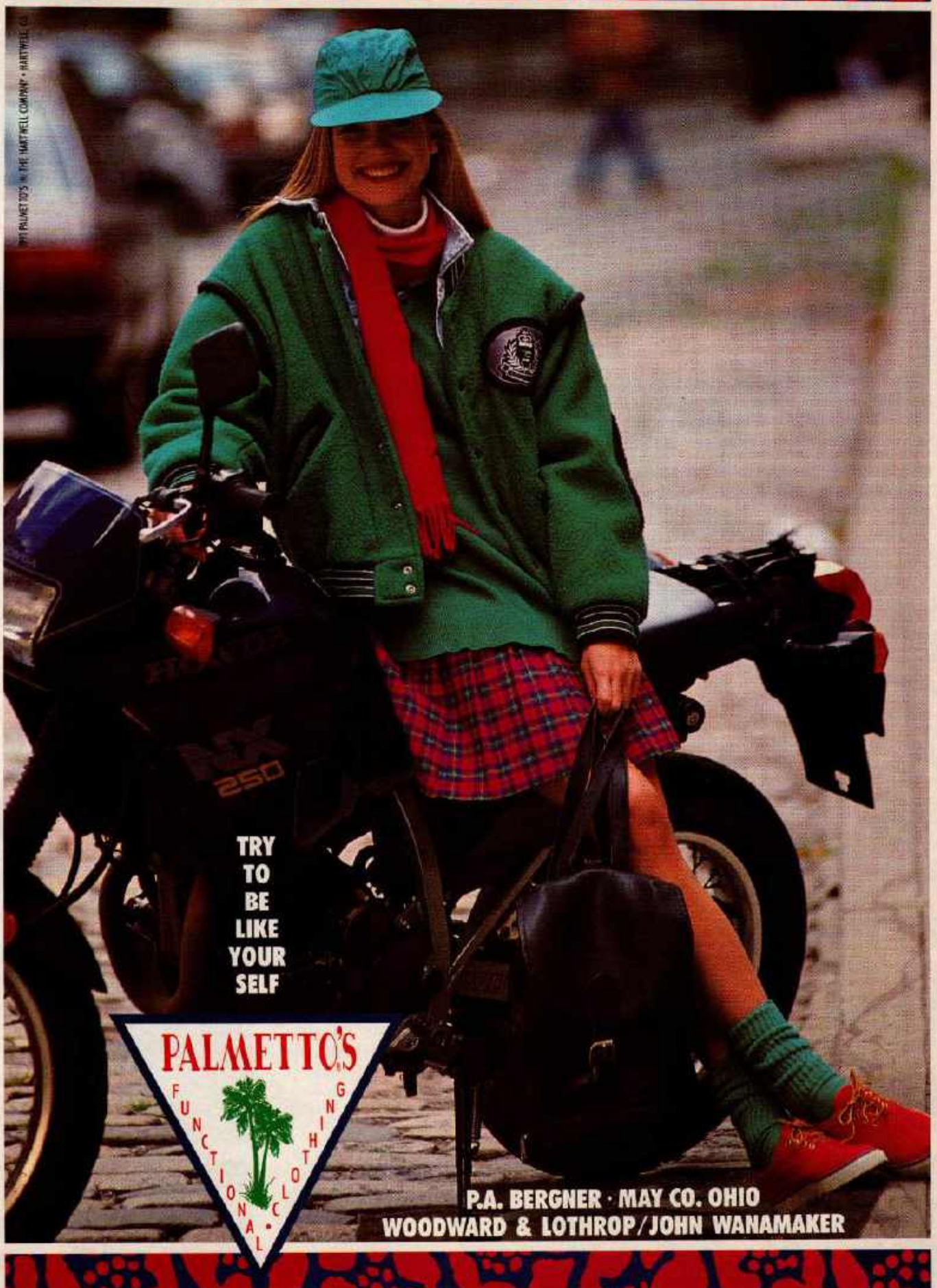
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PALMETTO'S
FUNCTIONAL CLOTHING
P.A. BERGNER · MAY CO. OHIO
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skin care

continued from page 100

Top, near right: Karen Currie. ***Far right:*** Jessica Lahm. **Center:** Danny Neville *(left)* and Christopher Young. ***Bottom, near right:*** Nora Aknay. ***Far right:*** Melissa Heider. **Below, from top:** Christopher Young, Kim Offutt, Eric Tropiano, Laurie Sistarenik.

A CLOSE SHAVE

Should I use a moisturizer after I shave my face? Only if your skin feels dry and tight in certain areas should you apply a lightweight, fragrance-free moisturizer to these spots.

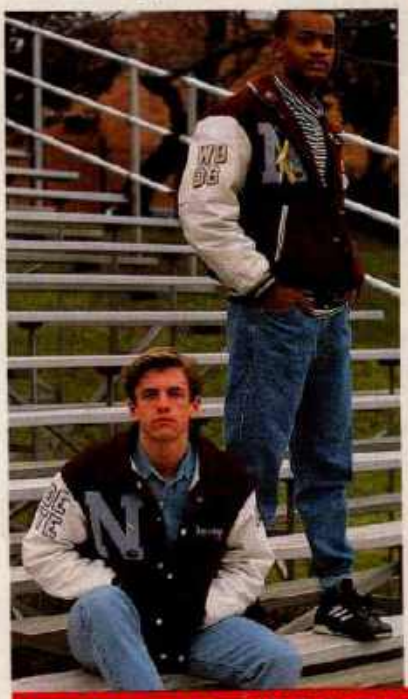
BUMPY STUFF

Why do I get little red bumps on my skin after I shave? Also, should I use acne pads before or after shaving? Stop irritation by using a clean razor blade whenever you shave—afterward, place it under hot running water to clean. Also, always shave wet skin, and use a thick, lathering shaving cream.

As for when to use acne pads, the best time is before you shave, when your pores are closed. (We like Noxzema Anti-Acne Pads.)

T-ZONE TROUBLE

I don't understand why my skin is dry in some spots and oily in others. Is there any way I can even it out? You have combination skin—a very common skin type in teenagers. The T-zone (forehead, nose, and chin) tends to be the most oily area of the face and requires special care. When you wash your face, first use a gentle cleanser all over (a good one to try: Noxzema Medicated Skin Cream); then apply a benzoyl peroxide product to the oily areas of the face *only*. After three to six weeks, you'll begin to see a difference in the condition of your skin.



SENSITIVE SKIN

Some of the moisturizers I've tried sting my skin. What does this mean? When a product irritates your skin, it may mean that you have sensitive skin. Your safest bet is to wait about a half hour after showering, until your pores are closed, before applying a moisturizer (to make sure it won't irritate, always use a fragrance-free and noncomedogenic product). If the moisturizer still burns, it's possible that you're allergic to one of the product's ingredients (usually either the fragrance, one of the preservatives, or lanolin). If so, stop using the moisturizer immediately and see a dermatologist, who will help you get rid of the irritation.

THE ULTIMATE SKIN-CARE WEAPON: SPF 15 SUNSCREEN

HIGH AND DRY

I'm on the swim team, and my skin gets really dry, especially around my eyes. How can I prevent this? Take short, cool showers after swimming, then apply a lightweight, fragrance-free moisturizer around your eyes. Also, keep a spray bottle filled with mineral water with you, and spritz your face during the day. Or run a humidifier in your bedroom.

WATER WORKS

Is it better to wash your face with cold or hot water? Neither. Cold water doesn't remove surface oils on your skin. Hot water dilates your blood vessels and can result in broken capillaries. It's best to wash with lukewarm water, with a quick splash of cool water to close up pores.

Photos: Kevin Hall. Hair: Mel Raj. Makeup: Fanci.

GET REAL!

HERE'S HOW A WOMAN REALLY SHAVES.

BALANCED IN THE SHOWER ON ONE SLIM LEG LIKE SOME EXOTIC BIRD.

FOOT IN THE SOAP DISH.

SLIPPERY. STEAMY.

HELP.

NEW BIC PASTEL SHAVERS

Not just pretty. Pretty smart. And designed for the way you really shave. With a slimmer head and longer grooved handle for more control, extra reach. So shaving in the shower's safer, nicer, easier. Really.

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details

Here, hot items that'll make your locker a great storage space. *Above:* Fuchsia magnetic locker-door organizer, Class Case; $4. Purple sunglasses, Tropic-Cal. Yellow brush, Wet 'n' Wild. Green brush, Flame Glow. *Right:* Locker mailbox (lock not included), Class Act; $4. Store info, last pages.

Study chic. Pajamas, Charles Goodnight. Tank top, Jockey for Her. Glasses, Guess Eyewear. Lap desk ($9.95) and slippers ($8), Creative Manufacturing. Socks, The Limited. Bean bag chair, Artisans' Guild; $59.95.

Model photo, Angel Morales. Hair and makeup, Karen Benjamin. Set firs, William Millard.

SUPPLIES IN DEMAND

GEAR UP FOR CLASS WITH THESE GRADE-A ESSENTIALS

From left: Clip-on lamp, Tensor; $12. Neon-flashing calculator, Cicena; $79. Sixties windup clock ($24) and three-ring binders made from recycled paper (each $6.50), Xonex International. Mini memo pads, Stuart Hall; each 89¢. Art box with watercolor paints, crayons, colored pencils, and markers, E.K. Success; $25. Neon loose-leaf reinforcements, Sterling Label & Tape; box of 500, $1.99. Five-subject notebook, Mead; $5.67. Fabric pen, Pentech; pack of three, $3.98. All other pens, Bic Corporation; $1.79 to $1.99.

SALON SELECTIVES®
FROM HELENE CURTIS

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LIKE YOU JUST STEPPED OUT OF A SALON.

WITH SALON SELECTIVES, SELECT YOUR PERSONAL LEVEL OF CONTROL 10 15 FROM MOUSSES AND GELS. YOUR LEVEL OF HOLD 10 15 FROM SPRITZES AND SPRAYS. AND GIVE YOUR HAIR THE MOST BEAUTIFUL STYLE—SALON STYLE.

models

FRESH FACES

Here, seven up-and-coming models we think are great. Let's see what their agencies say about them.

1. Camille Bancroft (Irene Marie Model Management) ***"Beneath her sweet shyness, there's a ton of talent."***

2. Janine Green (Next Management) ***"Her inner warmth really shows through."***

3. Sara Dawson (Stars The Agency) ***"Such star quality . . . I don't think twice about her height [five foot seven]."***

4. Vinessa Shaw (Elite Model Management) ***"Her career's skyrocketing, yet she still acts like a normal teenager."***

5. Lorca Moore (Ford Models) ***"Flawless skin and energy that can't be beat."***

6. Melissa Sagemiller (Ice Women) ***"Pretty, bright, and handles herself beautifully."***

7. Manda Garcia (Spectrum Model Management) ***"Her excellent poise and exotic looks really make her stand out."***

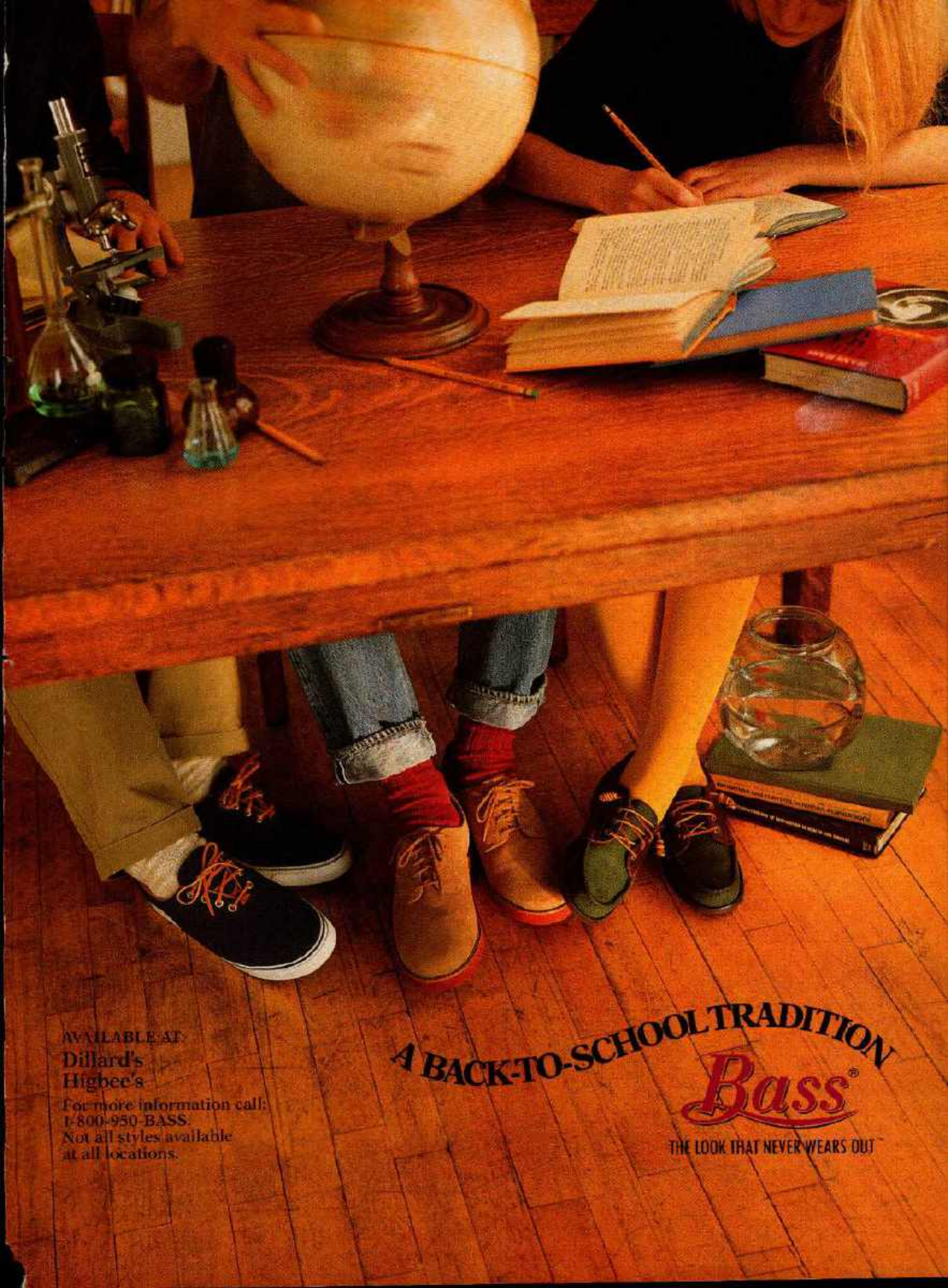
Large model photos, Leonard Lewis. Model photos at right, from top: Anthony Gordon; Trel Brock; Roy Wilcox; Dominic Petruzzi; Rob Howard; Rick Gillette; Roger Neve. SEVENTEEN cover: Rudolf Van Dommele.

GOING TO A GO-SEE?

Inside the modeling world, a go-see is just like a job interview. It's when an agency sends a model out to introduce herself to a client for the first time. In New York City, that means pounding the pavement with your portfolio (aka "book") in hand and your most dazzling smile in place. Here at SEVENTEEN, Model Editor Donna Rubinstein sees tons of new faces. What's she looking for? "It's important to be yourself. Wear minimal makeup and a simple hairstyle—your book will show a styled you. And remember, personality and energy are as important as a great look." ***Above:*** **Ford model Anna Brohlin** ***(left)*** **and Elite models Shayna Roberts** ***(top right)*** **and Jill Lytle** ***(bottom right).***

WHERE IS SHE NOW?

Her first cover ever was SEVENTEEN's August 1988 issue. Today, Renée Jeffus has an exclusive contract with Cover Girl cosmetics. An Omaha native, Renée now works and lives in New York.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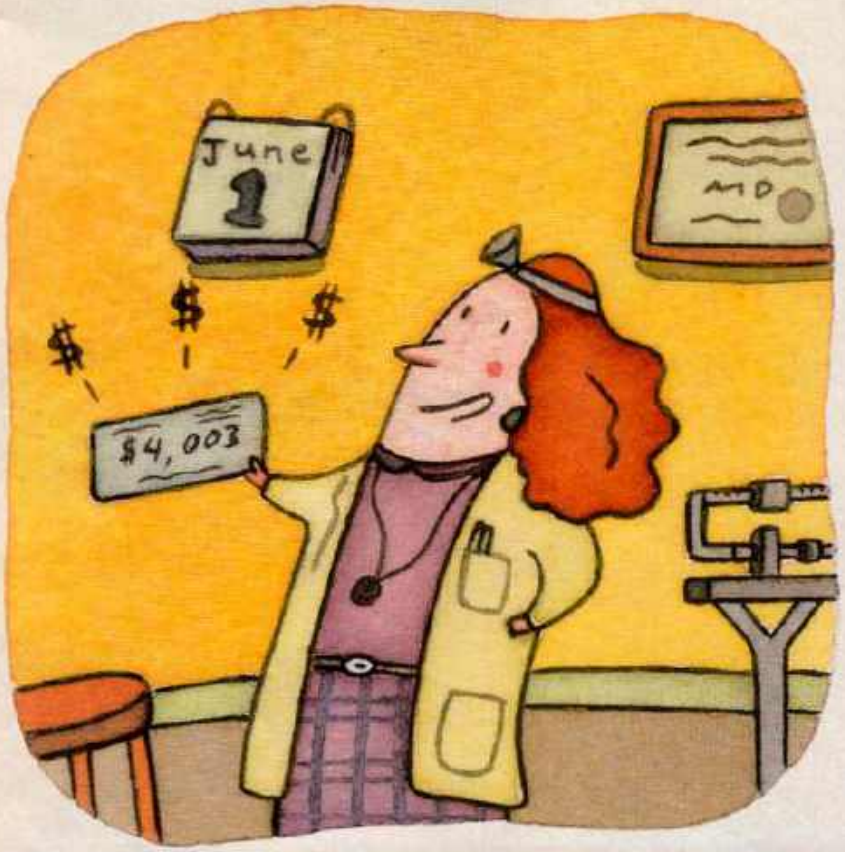


Reality check

HOW MUCH DO YOU KNOW ABOUT HOW FAR YOU'LL GO?

1. What's the best way to look for a job?
(a) call everyone you know, everyone your parents know, everyone your parents' friends know . . .
(b) scan the classifieds
(c) mail résumés and wait

2. How long will it take to get your first job?
(a) three months
(b) thirty-three days
(c) a year and a half

3. What kinds of tests might your new employer give you?
(a) a drug test
(b) a literacy test
(c) a pregnancy test
(d) only *a* and *b*

4. By the year 2000, what percentage of your coworkers will be male?
(a) 78 percent
(b) 53 percent
(c) 0 to 20 percent (computers will be doing most of the work)

5. Enough already about the intrinsic value of a college education; we *know*. Who earns more?
(a) men with a high school education
(b) women who've had three years of college
(c) Men and women with college degrees earn equal amounts.

6. What will your starting salary be after college?
(a) $9,090 ($4.54 an hour)
(b) $10,000 to $21,000 ($5 to $10.50 an hour)
(c) $65,000 to $75,000 ($32.50 to $37.50 an hour)

7. How long before you get your first raise—and what percentage might you get?
(a) six months to a year; 5 percent of your current salary
(b) two years; 3 percent
(c) three months; 25 percent

8. How loyal will you be to the first company that hires you?
(a) As long as they pay me well and promote me, I'll stay with them for life.
(b) I'm going to switch jobs—maybe even careers—at least two to four times in my life.
(c) I won't stay with one company more than six months. You can't count on job security in America anymore.

9. How much time do you think you'll be spending on the following activities in your first job?
(a) 25 percent in meetings; 15 percent doing paperwork; 60 percent talking with business contacts on the phone and hanging out with office mates
(b) 90 percent typing; 5 percent taking phone messages; 5 percent explaining to my boss what I've done all day
(c) 50 to 80 percent on the phone—talking with contacts and taking messages—and in meetings; 20 to 50 percent doing paperwork
(d) 50 percent in meetings with hotshots; 50 percent playing tennis with the chairperson of the company

10. Who puts in longer hours on the job and at home?
(a) women at home and on the job
(b) women at home; men on the job
(c) men at home and on the job

11. If you are a key grip (a junior engineer in film parlance) on a major motion picture, when will your workday begin and end?
(a) 6:00 A.M.; 6:00 P.M.
(b) 4:00 A.M.; 10:00 A.M.
(c) 10:00 A.M.; 5:00 P.M. (the *next* day)

12. What's the best route up the career ladder?
(a) working your way up—hello mailroom!
(b) Let the company decide. After all, the boss knows best.
(c) being punctual; *(continued on page 114)*

MARY POWER

BY LAUREL ALLISON TOUBY

mart
Fashions that go to your head.
Frame your face with a fashionable head wrap. Or accent a hair style with a big bright bow or twister. There's no limit to the fashion looks you can create with the fantastic Infinity hair accessories at Kmart.
Infinity head bands, head wraps, barrettes, bows, ponies, twisters, variety of styles, in hot new fall colors.
Kmart price..... 2.29-4.99
Available at all U.S.A. Kmart stores.
The quality you need, the price you want.

mart
Color your feet.
Add a little color to your life, with Gitano socks from Kmart. Many styles and colors to match the season, and your lifestyle, at prices you'll like, as well.
Gitano socks in slouch and crew styles. Available in ladies' sizes.
Sale price.... 2 pair for 3.00
On sale August 4-10, 1991, at all U.S.A. Kmart stores.
The quality you need, the price you want.

REALITY CHECK

continued from page 112

having a positive attitude, good communication skills, and team spirit—in high doses
(d) having connections

13. If you plan to get married, have a family, and work, how will you manage?
(a) No problem. My boss will love my work so much that she'll let me take my baby to the office.
(b) After my maternity leave, I'll work part-time for a while. Then I'll pay for child care so that I can go back to work full-time.
(c) I'll stay at home full-time after I get pregnant and let my husband handle the income thing.
(d) By the time I have a baby, there will be a national day-care plan.

14. How much are university degrees worth in dollars? Bachelor's, master's, law, and medicine (average monthly earnings):
(a) bachelor's, $900; master's, $1,200; law/medicine, $2,000
(b) bachelor's, $5,400; master's, $8,200; law/medicine, $10,000
(c) bachelor's, $1,829; master's, $2,378; law/medicine, $4,003

15. By the year 2000, which breaks will you be able to take from your career?
(a) a mental-health break
(b) a vacation break
(c) leave to care for a sick family member
(d) All of the above

16. What are the odds of you running your own company if you don't have a postgraduate (after college) degree?
(a) moderate: 50 percent
(b) low: 25 percent
(c) very high: 80 percent

17. Which of these devices is your desk most likely to have on it in the year 2000?
(a) a telephone
(b) a desktop hydra
(c) a typewriter
(d) *a* and *c*
(e) *a* and *b*

18. How many people will you have working under you after five years in the working world?
(a) zero
(b) seven to twelve
(c) twenty-two

19. If you are in business, how much will your expense account be per month after three years?
(a) $150—to entertain clients, attend an unlimited number of sporting events, and pay your gardener
(b) $100
(c) It all depends on how much you'll be traveling and entertaining on business.

20. If you get laid off, what will probably be the reason?
(a) total and utter incompetence
(b) The company is suffering (or restructuring) and can't afford you anymore (or your position has been eliminated).
(c) Your boss is an imbecile and fired the wrong person by accident.

MARY POWER

ANSWERS

1. *(a)* Networking is *the* best way to get a job, so don't be shy. Call people—call everyone—and ask them to tell you about their career, then ask them if they know of any entry-level positions in their field if you find it interesting. (Answering ads in the newspaper is useful, too, but it yields results only 15 percent of the time.)

2. *(a)* During a recession it may take up to seven months, but the mean is three months.

3. *(d)* While more and more companies are requiring drug tests and literacy tests, companies are verboten to even ask you if you plan on having a family, according to the Pregnancy Discrimination Act.

4. *(b)* Men will still dominate the workplace, but women are slowly catching up.

5. *(a)* Yes, women still don't get equal pay for equal work. A man with a high school education earns more than a woman who's had up to *three* years of college.

6. *(b)* Choose a glamour-biz career—such as publishing or fashion—and you can expect to earn the lower end of this range.

7. *(a)* If you're really good, expect a 10 percent pay hike your first year.

8. *(b)* Most people nowadays don't stick with their first career choice their whole lives. And the more diverse your employment background, the better-suited you are for higher-level positions.

9. *(a)* If you are in a sales position, then *(c)* would be more accurate.

10. *(a)* Female CEOs (chief executive officers) toil 56.2 hours a week, while male CEOs work only 54.9. And men work only 13.8 hours a week on house chores, while women spend 30.5 hours.

11. *(a)* Twelve-hour shifts aren't uncommon in the film industry—*whatever* your title.

12. *(c)* These are the most vital qualities necessary to doing well in the job market of the '90s.

13. *(b)* Although men's careers are enhanced if they have a wife (studies show that married men have higher earning power and receive more promotions than single men), for women, it's tough to have a family and a career. The good news is that companies are becoming more sensitive to the needs of working women. The bad news is that day care *costs*—often 20 percent of a female high school graduate's salary.

14. *(c)* People without a college degree average only $921 a month, or $5.75 an hour.

15. *(d)* Believe it or not, even your mental health will matter to your employer!

16. *(c)* Some currently successful entrepreneurs never even got a college degree.

17. *(e)* A hydra is a machine that will do everything short of making your morning coffee: It will send faxes, make copies, print reports, word-process, and compute. It hasn't been engineered yet, but experts say we're fast approaching it.

18. *(b)* Seven to twelve, so it's not a baker's dozen. You'll still get to feel great when it's time to parcel out raises.

19. If you actually have a job that provides for one, *(c)*. The company foots the bill, but you can kiss your entirely free lunch goodbye: Twenty-five percent of whatever you spend will be taxed on your personal return.

20. *(b)* Most people get laid off at least once in their career. Consider it an unpleasant rite of passage, but also an opportunity to reassess and refocus.

SCORING

11 to 20 correct: You're ready for your first promotion.

6 to 10 correct: It'll be a while before you get the hang of this, but keep trying.

1 to 5 correct: Go to career remedial school—now.

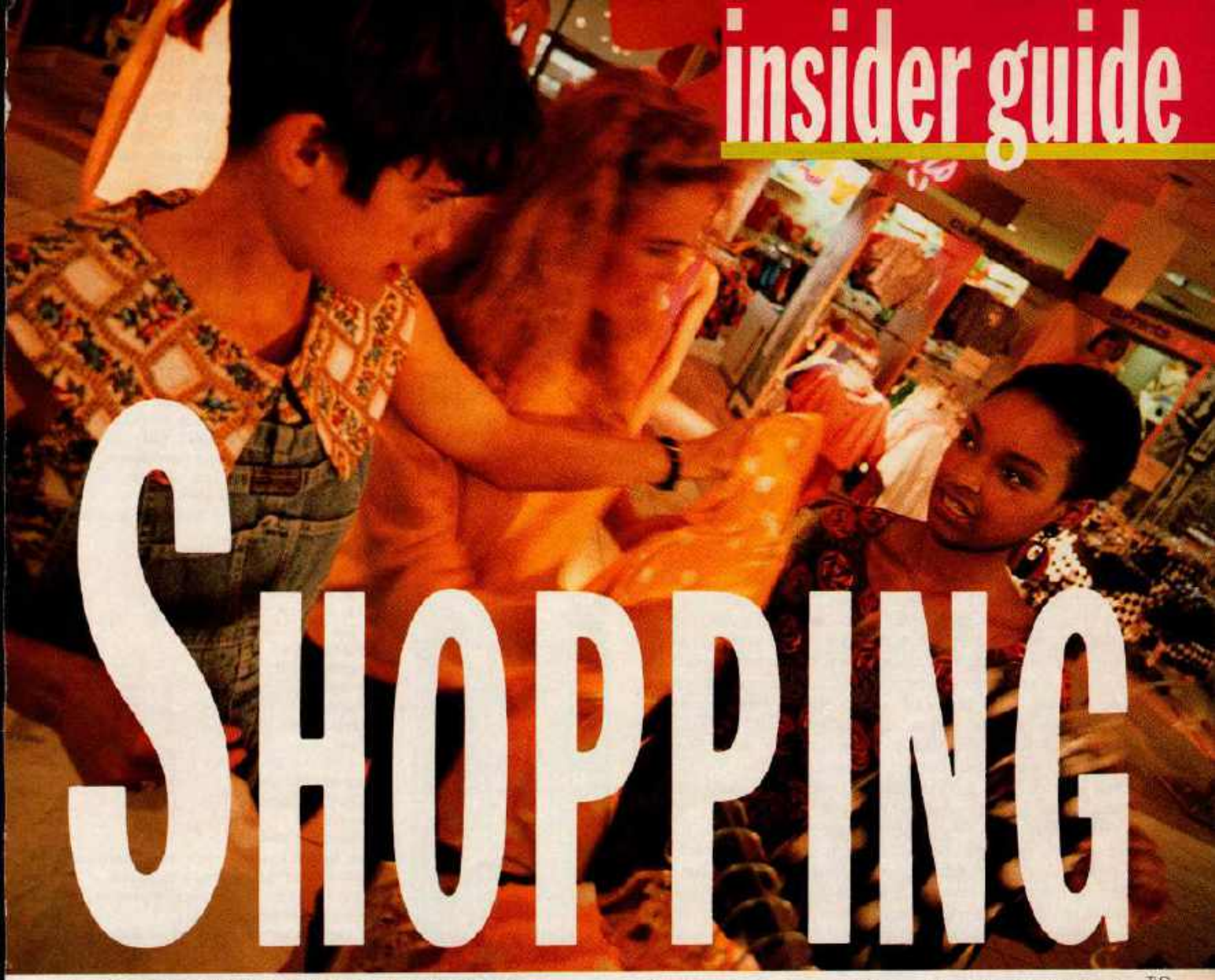
mart
Get the backpack that makes a big impression.
Jordache jumbo backpacks are big on room, and big on style. And now at Kmart, they're also very big on savings.
Jordache jumbo backpacks, mesh style with front zip pockets; sport style with front closure pocket; durable nylon.
Sale price. . . . 6.99
On sale now through August 31, 1991, at all U.S.A. Kmart stores.
The quality you need, the price you want.

Avoid a Crisis.

If there are times your face feels a little crude, why not take care of your skin before the problems begin? By deep cleaning it with Sea Breeze® Antiseptic. After all, if there's one place that can live with a shortage of oil it's your face.

Put your best face forward.

© 1901 Clairol Inc.



SHOPPING

IT'S AUGUST. YOU'RE ABOUT TO SPEND $24 BILLION (OKAY, YOU AND YOUR FRIENDS). HERE'S WHAT YOU NEED TO KNOW TO HIT THE STORES RUNNING, GET SOME RESPECT, GET YOUR MONEY'S WORTH, AND GET SOME GREAT STUFF

I shop, therefore I am

There's no category for it in the Olympics. They don't teach it in school. Nobody takes pictures of you doing it or gives you an award if you're the best. Yet it's definitely one of the most popular and most entertaining things you do. It's shopping.

As in how everybody seems to spend every weekend. And what you're doing while you're conspiring with and confiding in your friends. And making new ones. Meeting guys. Putting everything you've ever learned about people, psychology, economics, and style to the test. Not to mention actually *buying* something.

Shopping is about many things, and only one of them is commerce. More important, shopping is about friendship—okay, sometimes about boredom—but also about personal identity, and even occasionally about romance. No wonder that, according to one study, 93 percent of you rank shopping as your number-one most popular pastime—above even boys.

"There's more to it than people think," says Katie, sixteen. "It's like a sport, really—only more dangerous. I mean, I've seen a girl spend $300 in two minutes on her mother's credit card."

"You don't even have to buy anything," says Linda, seventeen. "It's just something to do. You see what's out there. You see what other people are wearing. You see who's with who. It's a *show*."

Indeed, the purest form of shopping is when you go with no immediate intent to purchase and, in fact, no money to do so. "If I waited to shop until I had enough money, I'd never shop at all," says Katie. "It's better to shop first."

Like any great ritual, shopping is more effective (if less productive) with more people. Like any serious sport, you need to stay in shape to do it well. "You have to shop a lot to do it right," says Jen, sixteen. "You have to stay jaded to keep everything in perspective—if you only shop once a month or something, *everything* looks good to you." And, like anything you do a lot, there are those times when your mind wanders, when you get almost meditative. You may even forget why you're there.

All this may lead you to believe that shopping is just an excuse for being out in the world, hanging around with your friends, checking out stuff you'd love to have but can't afford. Well, maybe you're right. But you have to admire anyone who can make an art of necessity.

—Joanne Simbal

On these four pages: Photos, Chris Sanders. Hair and makeup, Kai James for Pierre Michel Salon. Photographed at JC Penney, Newport Center Mall, Jersey City, New Jersey. Handwritten titles, Rose Tarquine. Illustrations, Fran O'Neill.

continued from page 117

Shop Smart

Shopping is more complicated than it seems. Sure, the basic idea is a breeze: You go into a store, find something you like, and pay for it. But there are a lot of tricks, traps, and half-truths that you may come across along the way. Also, as a younger shopper, you may often be ignored, treated rudely, or made to feel as if you don't belong. Sometimes it can seem as if you only get attention from salespeople when they've targeted you as a potential shoplifter. How do you combat all these obstacles? By knowing the ropes. The more you know about shopping, the less likely you are to end up with more—or less—than you bargained for.

The money machine First, you have to accept the fact that stores all want one thing: to make money. That means they'll do everything they can to get *your* money. Example: advertisements that promise, "Lowest prices in town." Just because the sign says it doesn't mean it's true. Then there are the salespeople, who get money for helping the store make money. In many stores salespeople work on commission, which means they get paid per item they sell. In any case, they want you to buy. So why would they discriminate against you because of your age? Because they assume that teenagers don't have much money to spend. And that's where they're wrong: The average teenager spends almost $3,300 a year, and that kind of pocket change alone means you deserve the same respect and attention as any other customer.

But you also deserve it just because you're there. "Being a consumer is not a privilege—it's a right," says James McNeal, a marketing professor at Texas A&M University who specializes in teenage consumers. "You have a right to expect honest merchandising and honest merchandise. If a salesperson is supposed to be serving you and isn't, he or she doesn't deserve your business."

Getting respect—and service What can you do to command respect? For starters, don't be shy about speaking up. Say, "Excuse me, but I was next in line," if a salesperson starts to wait on someone behind you. If you're being ignored, ask for assistance. Say, "Could you help me, please? I'm looking for a pair of pants" (or whatever). Being polite and specific will help convince them you mean business. It's also a good idea to leave the dressing room neat when you go out to look for more clothes; that way they'll know you aren't just there to trash the place.

Not all salespeople are out to give you a hard time, of course. Some are great, and enlisting a friendly and knowledgeable salesperson to help you find what you want is a very smart way to shop successfully. But don't forget to keep the relationship in perspective. Flattery is one of the major tactics salespeople use to get you to buy.

Another big factor in successful shopping is to keep your mind on what you're doing. Don't get so caught up in a sales-induced fantasy that you forget such details as quality, what you came to buy, how much you *(continued on page 120)*

PER YEAR

Clothing $1,027

Food & snacks $395

Cosmetics $350

Gas & auto $280

Movies & entertainment $248

Jewelry $128

Records & tapes $113

Fragrances $72

Hair products $47

Salon visits $46

Books $31

Hobbies $28

Magazines $26

School supplies $24

Shopping bag graph source: 1991 Rand Youth Poll. (Money spent per year from income and allowance by females 13 to 19; gas & auto based on females 16 to 19.)

Born to Shop?

Let's face it: Some of us are better at spending money than others. And some of us are . . . *out of control.* Have *you* got the goods?

1. You've got twelve things to try on, but the limit is six. You
   (a) put the extras on the hold rack and just hope they're there later.
   (b) beg for an exception.
   (c) convince them that you've actually got six sets of two pieces each.
2. Your boyfriend invites you to dinner and a concert—for Thursday. You
   (a) graciously accept. You can't wait!
   (b) say you'll meet him at the concert and use the time from what would have been dinner to buy something to wear.
   (c) berate him for his insensitivity: Thursdays the stores are open late!
3. Mom says you can drive her car to the mall on Saturday, but a freak snowstorm makes her change her mind. You
   (a) spend the day doing homework.
   (b) call a cab and, if one won't come, search for someone with a Jeep.
   (c) harness a gang of small children to transport you by sled.
4. You spot a designer dress on sale for $19.99. But it isn't your size. You
   (a) pass. It's pointless if it doesn't fit.
   (b) buy it. Maybe you'll grow.
   (c) convince the lady next to you to buy it. Someone has to.
5. I wouldn't have wanted to live in the Middle Ages because
   (a) they had famine and pestilence.
   (b) in those paintings they're always wearing the same thing.
   (c) the stores were closed on Sunday.
6. My best friend
   (a) is the kindest person I know.
   (b) likes granola bars, too.
   (c) gets an employee discount at Records 'R' Us.
7. I am currently soliciting funds for
   (a) UNICEF.
   (b) school band uniforms.
   (c) diamond-studded cowboy boots.
8. My favorite thing on TV is
   (a) *This Old House.*
   (b) *Lifestyles of the Rich and Famous.*
   (c) Home Shopping Network.
9. If I didn't go shopping one day,
   (a) it wouldn't be a big deal. I'd put the money I saved in my college account.
   (b) I'd worry that I might have missed out on a treasure.
   (c) the manager of the mall would call me at home.
10. I like to shop
    (a) when the stores are empty.
    (b) for birthday gifts.
    (c) period.

For scoring, see page 120

Watch graph source: SEVENTEEN 1989 Retail Survey of females 13 to 21.

WHAT YOU DO WHEN YOU'RE "SHOPPING" . . .

Browse	85%
Shop around	75%
Buy something specific	67%
Eat	62%
Hang out with friends	35%

Isn't it clear which solid you should use?

Only Arrid® Solid has this exclusive non-whitening cleaner formula.

Your anti-perspirant probably looks like the one on the upper left. It leaves an embarrassing white residue, then turns into a flaky mess.

Arrid is the only leading solid with an exclusive cleaner formula that will not whiten and leave a flaky mess after application. And its non-whitening cleaner formula gives you effective Arrid protection against wetness and embarrassing odor.

So switch to cleaner anti-perspirant protection and get non-whitening Arrid Solid.

Solid protection without the white mess.

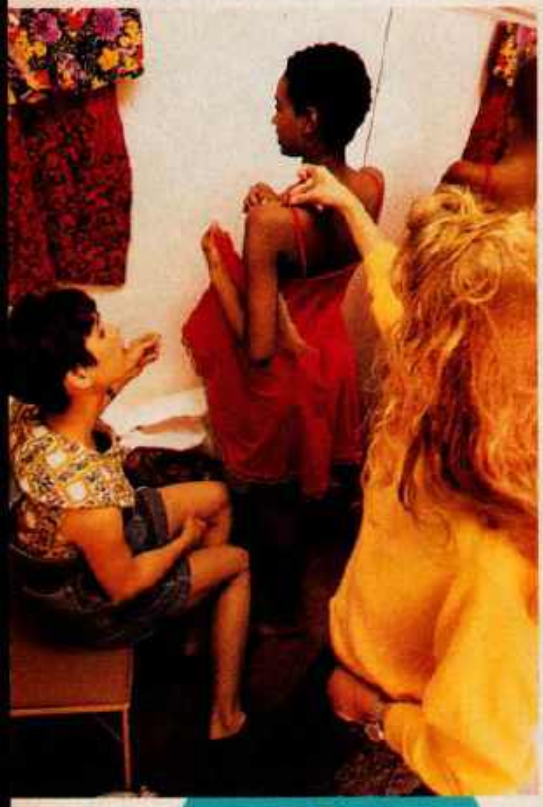
© 1991 Carter-Wallace, Inc.

insider guide

continued from page 118

SCORING

Give yourself one point for every *(a)* answer, two points for every *(b)* answer, and three points for every *(c)* answer.
24–30 points: **Channel those powerful consuming impulses into a useful career: purchasing agent for the U.S. Army.**
17–23 points: **You have the talent to be in the big time—you're just not trying. *Limit* those distractions. Ever consider giving away the dog?**
10–16 points: **Hey, even Gandhi got an extra dhoti for special occasions. Treat yourself—you deserve it.** ***—Bonni Price***



Earnings and allowance
84%

Extra cash from parents
49%

Parents' charge account
36%

Personal charge account
25%

THE TWELVE MONTHS OF SHOPPING

JANUARY
Sale month. Fall and winter merchandise is marked down to make room for spring. Best buys on coats.

FEBRUARY
Spring lines begin to arrive, but don't buy your whole wardrobe yet. Splurge on one great piece.

MARCH
Time to buy transitional clothes and start checking out prom dresses.

APRIL
Spring is in full swing, and stores are well stocked with styles and colors in all sizes.

MAY
Summer clothes are arriving. Get a bathing suit: They go fast, and you don't want to be caught without one.

JUNE
Buy a fresh sundress for those hot nights—they should be plentiful at good prices.

JULY
Sale month again! Expand your wardrobe with lots of basics: T-shirts, bathing suits, shorts.

AUGUST
Fall lines (back to school!) arrive in stores. Check out everything, and buy the big pieces you know you need.

SEPTEMBER
You've been in school and seen what everyone's wearing; now's the time to pick up what you like best.

OCTOBER
Real winter-weather clothes start to come in. Best coat and boot selection.

NOVEMBER
Holiday clothes are here. Look for the dress you need for upcoming parties.

DECEMBER
Relax! At last you can shop for someone else. And the best deals of the year? December 26.
—Martha McGuinness

can afford, and what looks good on you. Sometimes stores get more of your money than they should just because you're not paying attention. It's up to you to look over the receipt before you sign it or count your money before you walk away.

Happy returns In order to be satisfied with what you bring home, you should find out a few things before you put your money down, too. Say you buy your dream party dress, only to find when you try it on later back in your room that the color is only good under fluorescent lights. Will the store take it back?

With receipts, most businesses will accept unused stuff, but different stores have different rules. Most department stores will let you return almost anything—used or not. They're large enough to write off the loss to customer relations. Other stores may not give refunds but will give you credit for an item, which means you can get something else in the store (or a couple of things) for the same amount. Another store may not refund your money *or* give you credit but will exchange an item that's the wrong size or color or is damaged. Some stores require you to return an item—especially electronic equipment—in its original box. And most stores won't let you return things like bathing suits. Your best bet: Find out the store's return policy before you buy anything, and hang on to all receipts, tags, and boxes until you're sure that you want to keep what you've bought and that there's nothing wrong with it.

Guaranteed to confuse Speaking of electronics, just because a product's tag reads *guaranteed* doesn't mean you can return it at any time for any reason. It has to have a warranty, or you don't have any rights. A warranty is a free, written contract that tells you whether the manufacturer or the store will replace or repair an item if it breaks. The confusing part: Warranties are written in teeny type and have lots of rules and exceptions. They're also about as exciting to read as the phone book (and are usually found *inside* the box). But if you're buying anything expensive—a tape deck, bike, clock radio—it's important to find it and read it.

Before you go to the store to make a big purchase, you might want to do a little research. Shop around. Ask lots of questions. Try things out. Why go to all this trouble? "If you get one of those fancy phones and it doesn't work, you won't be able to get phone calls," says Betsy Ashton, author of *Betsy Ashton's Guide to Living on Your Own*. "We're talking about things that can mess up your life. Knowing what you're getting into can save you untold amounts of grief." ***—Lisa Thatcher***

Getting Carded

"I wanted to be popular in high school, but I never dressed right," says Karin, nineteen. "When I went to college, I vowed things would be different." There was just one thing missing, she says: money. But then her parents gave her a credit card, "to buy books and for emergencies," Karin says. "I could go to the library for free. I decided the real emergency was my wardrobe. I bought a fringed suede jacket, silver jewelry, three different black handbags . . . I wasn't thinking about how much it all cost. I figured I was saving money on textbooks, so it would even out in the end."

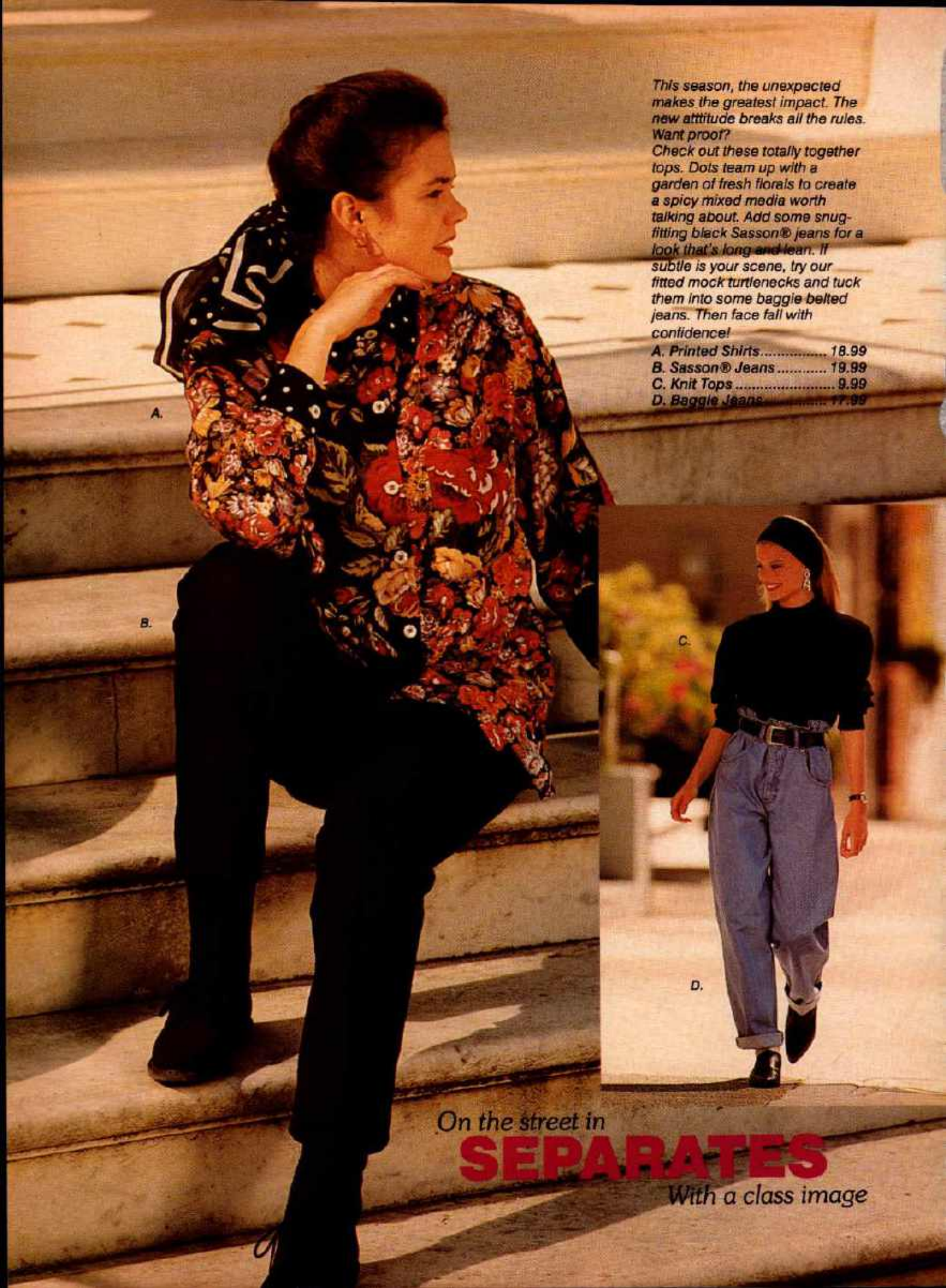
At first her parents just paid the bills. "I don't think they even noticed they weren't from the bookstore," she says. But when she tried to charge yet another sweater at her favorite store, the saleswoman said the card was no good. "I'd exhausted the credit limit for the entire account in one month," Karin says. "My father called up screaming, refusing to pay. He said if I was old enough to ring up those charges, I was old enough to pay for them."

Credit can be a very unreal world, a place where you buy things but money never leaves your pocket. It's like a high, credit card junkies like Karin say: the quick-fix thrill of writing a check or saying "charge it" as you pile up the shopping bags. It's easy to lose track of your spending and to think that you can afford to go on and on, that somehow, some way, the debt will get paid. But it's only a matter of time before the bubble bursts.

Although legally you can't have your own credit cards until you're eighteen, many of you are already *(continued on page 122)*

Backpack graph source: SEVENTEEN 1989 Retail Survey of females 13 to 21.

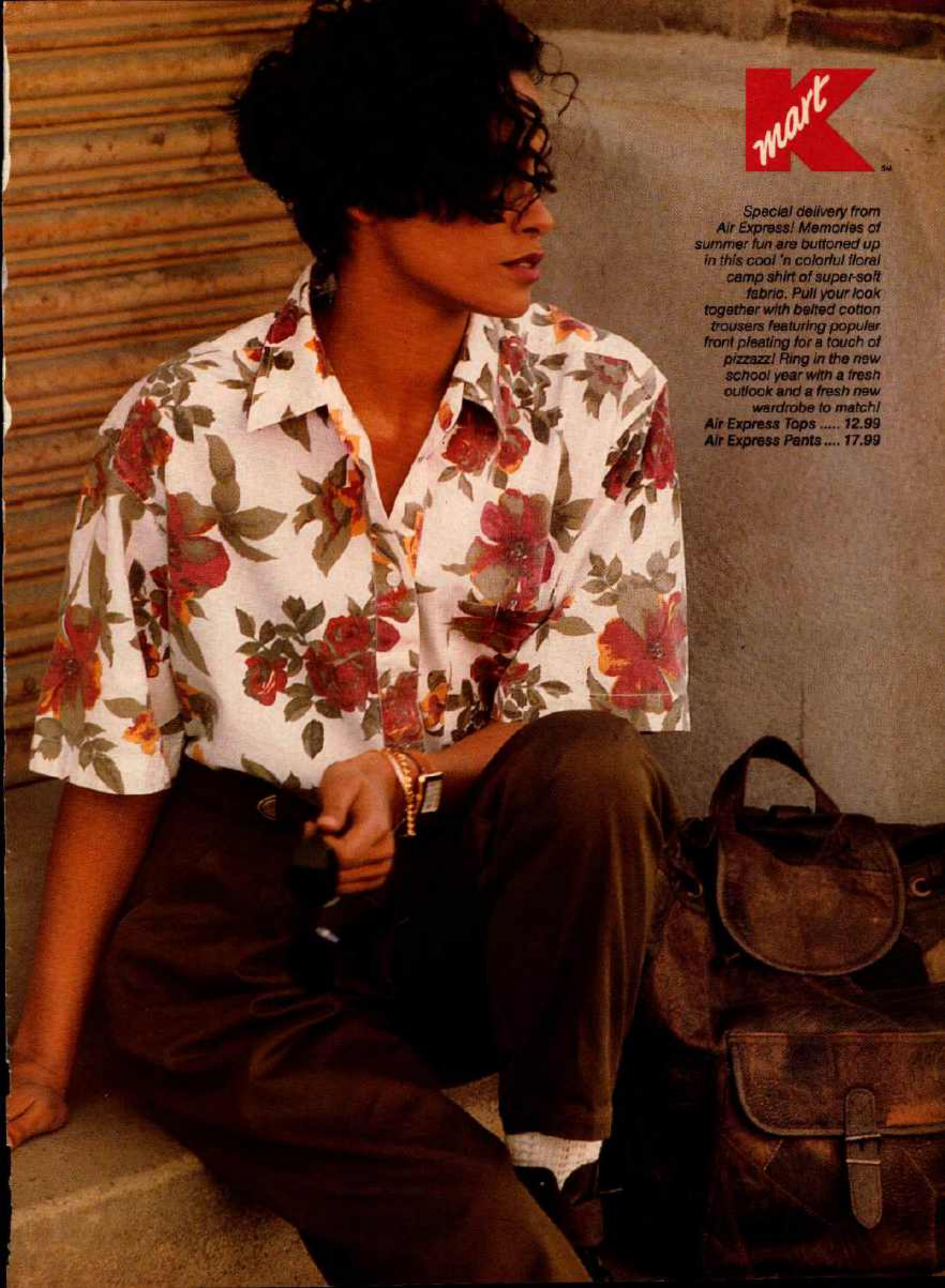
mart
SM
Rev up for some back-to-school fun! Cruise the styles at Kmart with Elizabeth Nuckles, Miss Teenage America® 1991. Elizabeth shows you some ways to GET ahead in pretty GET rayon tops and belted pants that are showered with a delicate floral pattern. Watch for sharp curves over the next few pages as we bring you some of our hottest looks in back-to-school gear. We have everything you'll need to be a sizzling sensation! So go ahead--leave the others in the dust and enjoy the ride!
GET Rayon Tops Or Pants.....Ea., 19.99
Elizabeth Nuckles, Miss Teenage America® 1991
Kmart Is A Proud Sponsor Of The M. T. A. Program
©1991 kmart® Corporation
AmericanAirlines
Something special in the air
Air transportation via American Airlines®
On the street in
FLOWER POWER
from GET



This season, the unexpected makes the greatest impact. The new atttitude breaks all the rules. Want proof?
Check out these totally together tops. Dots team up with a garden of fresh florals to create a spicy mixed media worth talking about. Add some snug-fitting black Sasson® jeans for a look that's long and lean. If subtle is your scene, try our fitted mock turtlenecks and tuck them into some baggie belted jeans. Then face fall with confidence!

A. Printed Shirts 18.99
B. Sasson® Jeans 19.99
C. Knit Tops 9.99
D. Baggie Jeans 17.99

On the street in
SEPARATES
With a class image



Special delivery from Air Express! Memories of summer fun are buttoned up in this cool 'n colorful floral camp shirt of super-soft fabric. Pull your look together with belted cotton trousers featuring popular front pleating for a touch of pizzazz! Ring in the new school year with a fresh outlook and a fresh new wardrobe to match!

Air Express Tops 12.99

Air Express Pants 17.99

Blast off with some dynamite accents that are out of this world! Gitano's antique map collection puts the whole world in your hands with some new-for-the-90's bags, clutches, wallets and even hair accessories to match! Plus, Gitano watches offer their timeless appeal. Do the back-to-school shuffle in a kicky pair of slip-ons with a dainty bow at the toe.

Gitano Accessories:

A. Watches..... 19.97
B. Hair Accents 2.99-3.99
C. Handbags 12.99
D. Clutches..... 7.99
E. Wallets..... 6.99

Footworks:

F. Slip-ons 9.99

A.

D., E.

B.

C.

mart SM

The final touches to your attire should be pure, simple...and natural. The Naturals hosiery lets your body language do the talking with a bonanza of sock options and tights in soft September shades. And, as far as homework goes, be sure to document these footnotes: slip on some black suede-like oxfords or supple suede-leather booties. Or round up a pair of our black western ankle boots and unbridle your "wild west" side.

A. Ankle Boots 16.99
B. Suede Booties 12.99
C. Suede-like Oxfords 13.99
D. The Naturals Tights 4.99
E. The Naturals Socks* 2.49
*Fit ladies' 9-11

Elizabeth Nuckles, Miss Teenage America® 1991 Kmart And Dep® Are Proud Sponsors Of The M. T. A. Program

For Elizabeth Nuckles, Miss Teenage America® 1991, good care is essential for lab-looking hair. That's why she relies on Dep® hair care products. Dep® gel adds shine and smoothness. Dep® rich foam mousse adds body and makes curls thick and luscious. Dep® styling spritz keeps any look in place. For a well-done 'do, stop splitting hairs and do it right with Dep®!

7-oz. Styling Spritz, 7.5-oz. Mega Mousse, 8-oz. Super Hold Or Balsam Styling Gel, Or 8-oz. Mega Gel.....Ea., 1.69

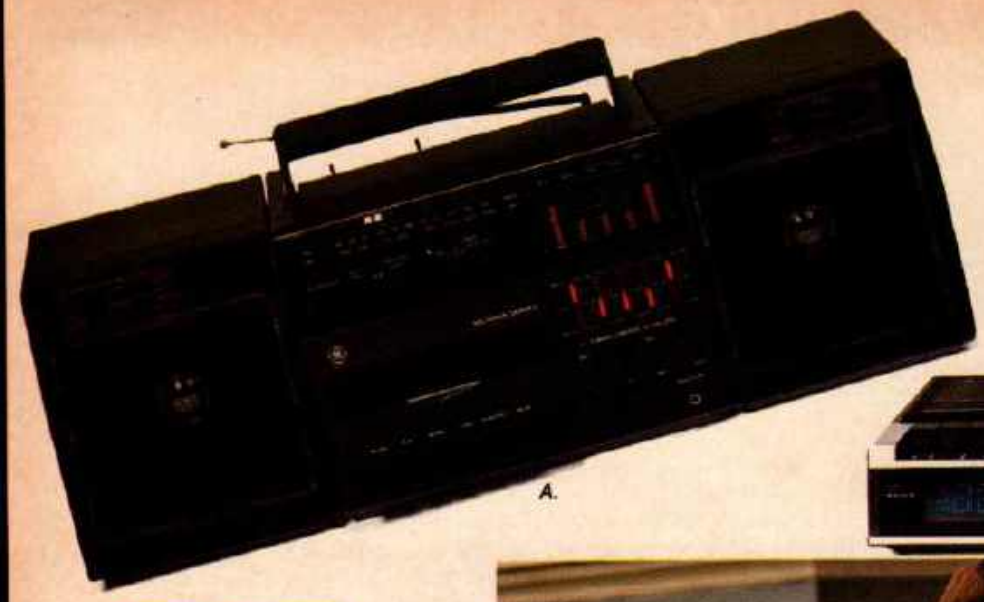
On Sale August 4 Thru August 24

mart K SM

Let style go to your headwith hair accessories that add some instant wow! Sweep up hair with some outrageous O-bands. Secure your dazzling 'do with faux pearl encrusted barrettes or bodacious bows from Goody for some head-turning looks!

Single O-bands..... 1.77
Goody Barrettes Or Bows .... 2 For $5
3-pack O-bands..... 3.97

On Sale August 4 Thru August 24



A.

B.

C.

mart

SM

A. Boom box. AM/FM stereo cassette; detachable 4-speaker system 49.88
3-5665

B. Compact cassette recorder has built-in microphone..... 22.88
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C. Clock radio with cassette. Wakes you with alarm or music 39.88
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D. Portable AM/FM radio with slide-rule dial, 3" dynamic speaker..... 15.88
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E. Personal AM/FM stereo cassette player features headphone..... 29.88
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F. AM/FM/FM-stereo dual-cassette with high-speed dubbing 49.88
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All batteries are extra

On Sale August 4 Thru August 24

TUNES TO GO

By GE

D.

E.

F.

seventeen fashion finder

The following stores have the great advertised fashion finds appearing in this issue. Locations where you can find the items shown are beneath each advertiser's name.

• BONGO
Jay Jacobs ..... WA, OR, No. CA
The Bon ..... WA
Macy's ..... No. CA
Above the Belt ..... No. CA
Gottschalks ..... No. CA
Liberty House ..... HI
Vanity ..... MT
Lamont's ..... Most Stores
Millers Outpost ..... No. CA
Wet Seal ..... No. CA
Robin's ..... HI
Put-Ons ..... No. CA

• LA GEAR
Emporium Capwell ..... San Francisco, CA
Fred Meyer ..... Portland, OR
JCPenney ..... Portland, OR
Fredrick & Nelson ..... Seattle, WA
Nordstrom ..... Ewa Oahu, HI
JCPenney ..... Honolulu, HI
Swanson's ..... Bethel, AK

• BENETTON APPAREL
For the nearest Benetton store location, call 1-800-535-4491.

• BENETTON COSMETICS
Benetton..... Boise Town Square, Boise, ID
Benetton.. Washington Square Rd., Portland, OR
Benetton..... Pacific First Center, Seattle, WA
Benetton..... San Francisco Center, San Francisco, CA
Benetton..... Stonestown Galleria, San Francisco, CA
Benetton..... Sears Mall, Anchorage, AK
Benetton..... North Broadway, Billings, MT
Benetton.... Royal Hawaiian Center, Honolulu, HI

• FASHION BUG
Fashion Bug ..... Modesto, CA
Fashion Bug ..... Pittsburg, CA
Fashion Bug ..... Roseville, CA
Fashion Bug ..... Boise, ID
Fashion Bug ..... Nampa, ID
Fashion Bug ..... Bend, OR
Fashion Bug ..... Milwaukie, OR
Fashion Bug ..... Bremerton, WA
Fashion Bug ..... Seattle, WA
Fashion Bug ..... Spanaway, WA

• ZENA
Call 1-800-223-3330.

• KEDS
Roth's Shoes
Macy's
Nordstrom

• EASTPAK, INC.
Macy's ..... All Stores
Emporium Capwell ..... All Stores
Weinstock's ..... All Stores
Liberty Department Stores ..... All Stores
Oshman's Sporting Goods ..... All Stores
Track n' Trail ..... All Stores
Big 5 Sporting Goods ..... All Stores
GI Joes ..... All Stores
REI ..... All Stores

• GET USED BY ELIE
Macy's California ..... San Francisco, CA
The Bon ..... Seattle, WA
Nordstrom ..... Seattle, WA
Mariposa ..... Woodinville, WA

• SQUEEZE
Liberty House
Emporium Capwell
Wet Seal
JCPenney

• SAM & LIBBY
Emporium Capwell
Nordstrom
Macy's
Roxy
Bon Marche
Meier & Frank

• THE LOVABLE COMPANY
Tri-North Dept. Stores (Hub) ..... WA, OR, AK
National Dollar Stores ..... CA

• SHOPKO STORES, INC.
1 Store ..... Great Falls, MT
1 Store ..... Missoula, MT
1 Store ..... Billings, MT
2 Stores ..... Boise, ID
1 Store ..... Coeur D'Alene, ID
1 Store ..... Lewiston, ID
1 Store ..... Nampa, ID
1 Store ..... Idaho Falls, ID
1 Store ..... Chubbuck, ID
1 Store ..... Twin Falls, ID
1 Store ..... Bend, OR
2 Stores ..... Eugene, OR
1 Store ..... Redding, CA
2 Stores ..... Spokane, WA
1 Store ..... Kennewick, WA
2 Stores ..... Yakima, WA
1 Store ..... Walla Walla, WA
1 Store ..... Sparks, NV
2 Stores ..... Reno, NV

• BAKERS-LEEDS
For the store nearest you, call 1-800-933-9348.

• COUNTY SEAT THE JEANSTORE
Bayshore Mall ..... Eureka, CA
Solano Mall ..... Fairfield, CA
Stonestown Mall ..... San Francisco, CA
Lloyd Center ..... Portland, OR
Washington Square .... Tigard, OR
Gateway Mall ..... Springfield, OR
Southhills Mall ..... Puyallup, WA
Columbia Mall ..... Kennewick, WA
Tacoma Mall ..... Tacoma, WA
Vancouver Mall .... Vancouver, WA
Arden Fair Mall ... Sacramento, CA
Meadowood Mall ..... Reno, NV

• JCPENNEY
Available at all larger JCPenney stores.

• 5-7-9
Clackamas Town Center ..... Portland, OR
Southcenter Mall ..... Seattle, WA
Dimond Center .... Anchorage, AK
Arden Fair Shopping Center ..... Sacramento, CA
Sunrise Mall ... Citrus Heights, CA
Solano Mall ..... Fairfield, CA
Boise Town Square ..... Boise, ID
Eastridge Mall ..... San Jose, CA
Northridge Mall ..... Salinas, CA
Tacoma Mall ..... Tacoma, WA

• CHILIS FOOTWEAR, INC.
Nordstrom ..... Anchorage, AK
Macy's ..... San Francisco, CA
Nofziger ..... Portland, OR
Wooly Mamouth ..... Seattle, WA
Wiccie ..... Honolulu, HI
Shoe Biz ..... San Francisco, CA
Tarantino's ..... San Francisco, CA
Garber Shoe Store ..... Nampa, ID
Garner Shoe ..... Butte, MT

• GENERRA SPORTSWEAR
Macy's California .... Select Stores
Weinstock's ..... Select Stores
Bon Marche ..... Select Stores
Frederick & Nelson .. Select Stores
Jay Jacobs ..... Select Stores
Emporium Capwell ... Select Stores

• GUESS WATCHES
Liberty House ..... HI
Macy's California .... San Francisco, CA

• SPEIDEL ENGRAVEABLES
Speidel Engraveable ID bracelets are available nationwide at jewelry stores, department stores and mass merchandisers.

• IVY
* 1893 Shops .... McMinnville, OR
* Dodo's ..... Reno, NV
* Gottschalks .. Participating Stores, CA
* Jean Machine ..... Portland, OR
* Shari's ..... Sidney, MT
* Tongass Trading Co ..... Ketchikan, AK
Whole Earth Access ..... Emeryville, CA

* IVY SHOP at these locations.

• SEARS
Available at most larger Sears stores, in the Mainframe department.

• MAINE WOODS
Available at most major department and individual shoe stores in your area.

• KMART
Available at all U.S. Kmart stores.

• LAWMAN SPORTSWEAR, INC.
The Bon ..... All Stores
Vanity ..... Select Stores
Nordstrom ..... Select Stores
Hennessy ..... All Stores
Herberger's ..... All Stores
Jean Machine ..... All Stores
Brass Buckle ..... All Stores
Emporium Capwell ..... All Stores
JCPenney ..... Select Stores

• G.H. BASS & CO.
Nordstrom
Macy's
Meier & Frank

• TRETORN
Den Sherwood
Rapp's Shoe

• GITANO
Call 1-800-GITANO-2, 9-5 PM EST.

• MAURICES/THE CLOSET
Chico Mall ..... Chico, CA
Boise Towne Square .... Boise, ID
Rimrock Mall ..... Billings, MT
Valley River Center ... Eugene, OR
Clackamas Town Center ..... Portland, OR
Washington Square .. Portland, OR
Bellis Fair Mall ... Bellingham, WA
Everett Mall ..... Everett, WA
Columbia Mall ..... Kennewick, WA
Alderwood Mall .... Lynnwood, WA

sex & your body

Your most-asked questions

BY DEBRA KENT

Q **I'm thirteen, and everybody I know who's my age has already developed breasts except me. Is there anything I can do to make them grow faster and bigger?**

A For most girls, the majority of breast development occurs between the ages of nine and fourteen, though some girls start developing as early as eight and others don't begin until they're sixteen or older. It all depends on estrogen, the hormone that triggers female sexual development.

Once it starts, breast development happens in stages. First, the areola (the area right around the nipple) gets wider, and the nipple and areola get darker. The color can range from pinkish to dark brown, depending on whether your skin is light or dark. At the next stage, your nipples usually get larger and stand out more than they used to (though it's normal for nipples to be flat, too, and even inverted). In the final phase, the breasts themselves begin to grow, and some hair may grow around the nipples. How *much* breasts grow depends on your body type and what sort of genes you've inherited from your parents. Girls with a rounder body type are more likely to have bigger breasts than girls with a leaner body type.

It can be frustrating to watch your friends develop when you don't seem to be changing at all, but there's nothing you can do to make your breasts grow more—or faster. The best idea is to try to get comfortable with your body the way it is. You don't have to have big breasts to be attractive or sexy.

Q **My left breast is a little bigger than the right. I feel so lopsided. Is there something wrong with me? Could it mean I have cancer?**

A It's very common for a girl's breasts to be different in size or shape. When breasts start growing, sometimes one grows faster than the other. The breasts may match up when you're done growing, or they may not. Either way, it's normal and nothing to worry about. You're probably the only one who notices.

Occasionally a woman will have dramatically different breasts, and if she's really concerned about it, it can be corrected with surgery once she's done growing (the same is true for breasts that get uncomfortably large). But it does *not* mean there's something wrong with you. Although a lot of girls worry about breast cancer, you can put your mind at ease. The incidence of breast cancer in girls your age is two in a million.

Q **I got my first period nine months ago, but in the last five months I haven't gotten it at all. What's wrong?**

A There's probably nothing wrong. It can take many months, even two or three years, for your period to become regular. It's normal for it to start, then skip a few months, then start again. Unless you're having sex (in which case a skipped period could mean that you're pregnant), this kind of irregularity is usually nothing to worry about. Even after your period becomes regular, it can be earlier or later than you expect some months because of things like stress, illness, and travel.

Most girls start menstruating sometime between ages eleven and fourteen. Lots of girls start earlier, and many start later. Your body is running on its own timetable. When it's ready to menstruate regularly, it will (though if you haven't gotten a period by the time you're sixteen, it's a good idea to talk to a doctor, just to be sure there's nothing wrong).

Q **What's better to use when you get your period, sanitary napkins or tampons?**

A Tampons are worn inside your vagina to catch the menstrual flow before it leaves your body. Sanitary napkins are worn outside, in your underpants, to absorb the flow after it's left your body. Which you choose to use is a matter of preference. We know from our research that 66 percent of you use tampons, 74 percent use sanitary napkins, and 40 percent use a combination of both.

A lot of girls are more comfortable with napkins, especially when they first get their period and don't know how heavy the flow will be. Napkins or panty liners can also be good for the beginning of your period, when you're waiting for it to start, and for the end, when it's tapering off.

The advantage of tampons is that if they are inserted correctly, they're comfortable and don't interfere with activities like swimming. Also, because they're worn internally, the menstrual flow isn't exposed to air and doesn't get the odor you sometimes get with napkins. You shouldn't use tampons when you don't have your period, however; if you want to use something for between-period vaginal discharge, try panty liners.

Tampons have nothing to do with sexual activity, by the way. You don't lose your virginity by using a tampon.

Tampons have been associated with toxic shock syndrome (TSS), but this is a very rare disease, and you can reduce your risk even further by changing your tampon regularly and by occasionally substituting a napkin for a tampon during your period.

Read the instructions that come with every box of tampons for the latest information and guidelines on TSS.

Q **I want to use tampons but I just can't get them in no matter how hard I try. Am I doing something wrong?**

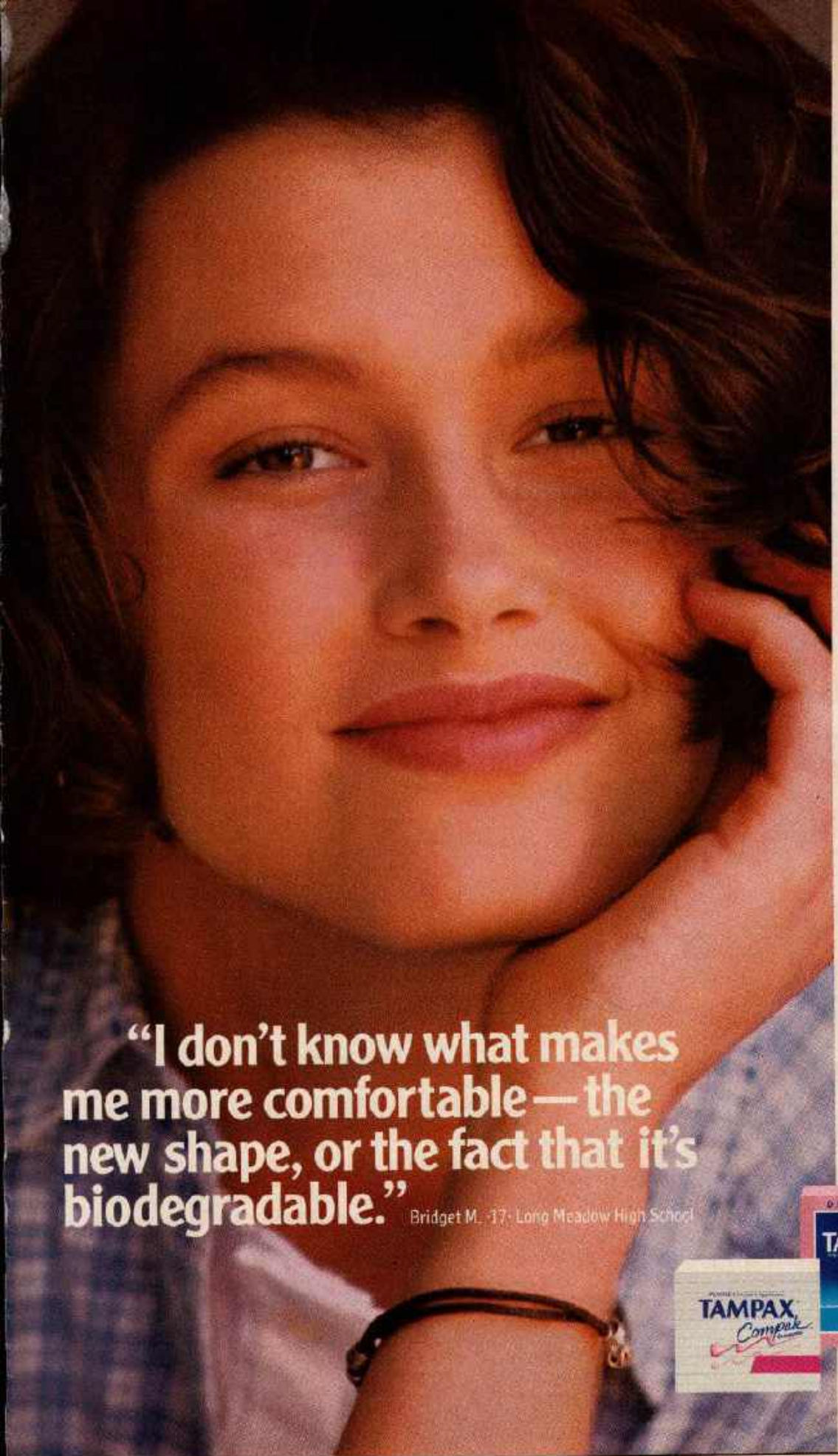
A Lots of girls have trouble inserting tampons in the beginning. But once you've had some practice, it should be so easy you don't even have to think about it. Here are a few ideas to get you started:

- Start with the smallest, slimmest size available, sometimes called *slender* or *junior*.
- If the tampon has an applicator, practice pushing the plunger before you insert it so you can see how it works. The idea is to slide the tampon applicator partway inside your vagina, then push the plunger up into the applicator, which pushes the tampon into your vagina. If the applicator seems to be getting in the way, try a nonapplicator brand.
- Try using saliva or a water-soluble lubricant like K-Y jelly on the tampon and around your vaginal opening. Don't use moisturizer or lotion, as they can cause irritation.
- Take a deep breath, then insert the tampon while slowly exhaling.
- Insert the tampon at an angle toward your back, not straight up (check out the illustration that comes with the box to see what we mean).

If nothing works, see a gynecologist. You may have some tissue blocking the vaginal opening or some kind of infection. In any case, at this point it's worth getting a doctor's opinion and help.

Q **What should you do if a guy asks you to have sex with him but doesn't want to go out with you? What if he's somebody you really want to like you, but he's not very nice to you?**

More on page 136



"I don't know what makes me more comfortable—the new shape, or the fact that it's biodegradable." Bridget M., 17, Lone Meadow High School

If you're just starting to use tampons, you could be worried that it might hurt to put one in. But new TAMPAX® Comfort Shaped Tampons

have a slender, round-tipped applicator—so even the first time is smooth and easy. And that's a big comfort.

And here's another comfort: they're as kind to the earth as they are to your body. That's because they're totally flushable—and biodegradable, too.

Whether you start with TAMPAX® Comfort Shaped Tampons, or any of the other easy-to-use choices, you'll learn to trust TAMPAX® Tampons in more ways than one.

More women trust their bodies to

FOR A FREE SAMPLE of new TAMPAX® Comfort Shaped Tampons and a helpful booklet, send your name and address to: TAMPAX® Tampons, P.O. Box 4257, Dept. B, Monticello, MN 55365-4257. TAMPAX® is a registered trademark of Tambrands Inc., Lake Success, N.Y. 11042. © 1991 Tambrands, Inc.

Nail "Tips"

by NAILENE.

WHO SHOULD USE ARTIFICIAL NAILS?

The Nailene Feeling... it's like the last time you had your hair styled and it turned out just right! Or when you try on a new dress and it feels like it was made just for you. Feeling good about the way you look does wonders for your physical and emotional well-being. Nailene's artificial nails are made to help you achieve this feeling and enhance your natural beauty.

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Best Nails Next To Your Own

NAILENE®
SALON QUALITY

TO BE CONTINUED...

sex & your body

continued from page 134

A No matter how cute, sexy, or popular a guy is, don't get into a relationship—or stay in a relationship—with him if he's not interested in really being with you and making you happy. Particularly not a sexual relationship.

Don't let anyone pressure you into doing anything—sexual or otherwise—that you don't feel completely comfortable about. Watch out for guys who act as if they own you or who isolate you from your friends and family. Don't go out with or even hang around with someone who verbally or physically abuses you.

Don't stay with a bad boyfriend just because you think you'll never find anyone else. It may be hard to believe, but not having a boyfriend at all is better than having a lousy one. Find someone who's fun to be with, who likes you for who you are, who makes you feel good about yourself. Until then, you're really better off staying single.

Q **How do you know if you're ready to have sex?**

A Sexual activity—and that can mean anything from kissing to touching to having intercourse—can be an exciting, fulfilling part of your relationship and your life, but only if you do what's best for you, at the time that's right for you, and with someone you know really well, can talk to, feel comfortable with, and trust. If, on the other hand, it happens as a result of you or your partner's being pressured into it, it's likely to make you unhappy. For many people, sex (at least intercourse) is only right if you're in a committed relationship like marriage.

Something else to think about is that once you become physically intimate, you usually have a different kind of investment in the relationship. Think about how you'd handle it if you broke up with someone you were going out with after getting sexually involved. Would you feel sorrier or more embarrassed? Would it make the breakup more painful? And what about if you fooled around with someone you didn't know very well. Would you feel bad if you never even talked to him again?

If you're talking about sexual intercourse in particular, there are a few more things to consider. You need to be prepared to use a safe and effective form of birth control every time you have sex. You need to know how you'd handle a pregnancy if that birth control method failed. You should also know how to take precautions against getting a sexually transmitted disease (STD).

Personal values, your feelings for the person you're with, religion, your friends' opinions, your parents' opinions, health considerations—all these things should come into play when you decide whether or not to become sexually active. Ultimately it's your choice, and only you can decide if you're ready. It's a choice that should be made very carefully.

Q **I'm sexually active, and my boyfriend and I want to know what kinds of birth control work best.**

A The best form of birth control is the one that you'll use, and use correctly, every time you have sex. No birth control method is foolproof: The only 100 percent effective way to prevent pregnancy is not to have sex or let semen anywhere near your vagina. But not using anything at all is virtually guaranteeing that you'll become pregnant. Of a hundred couples who have sex without birth control for a year, ninety will become pregnant.

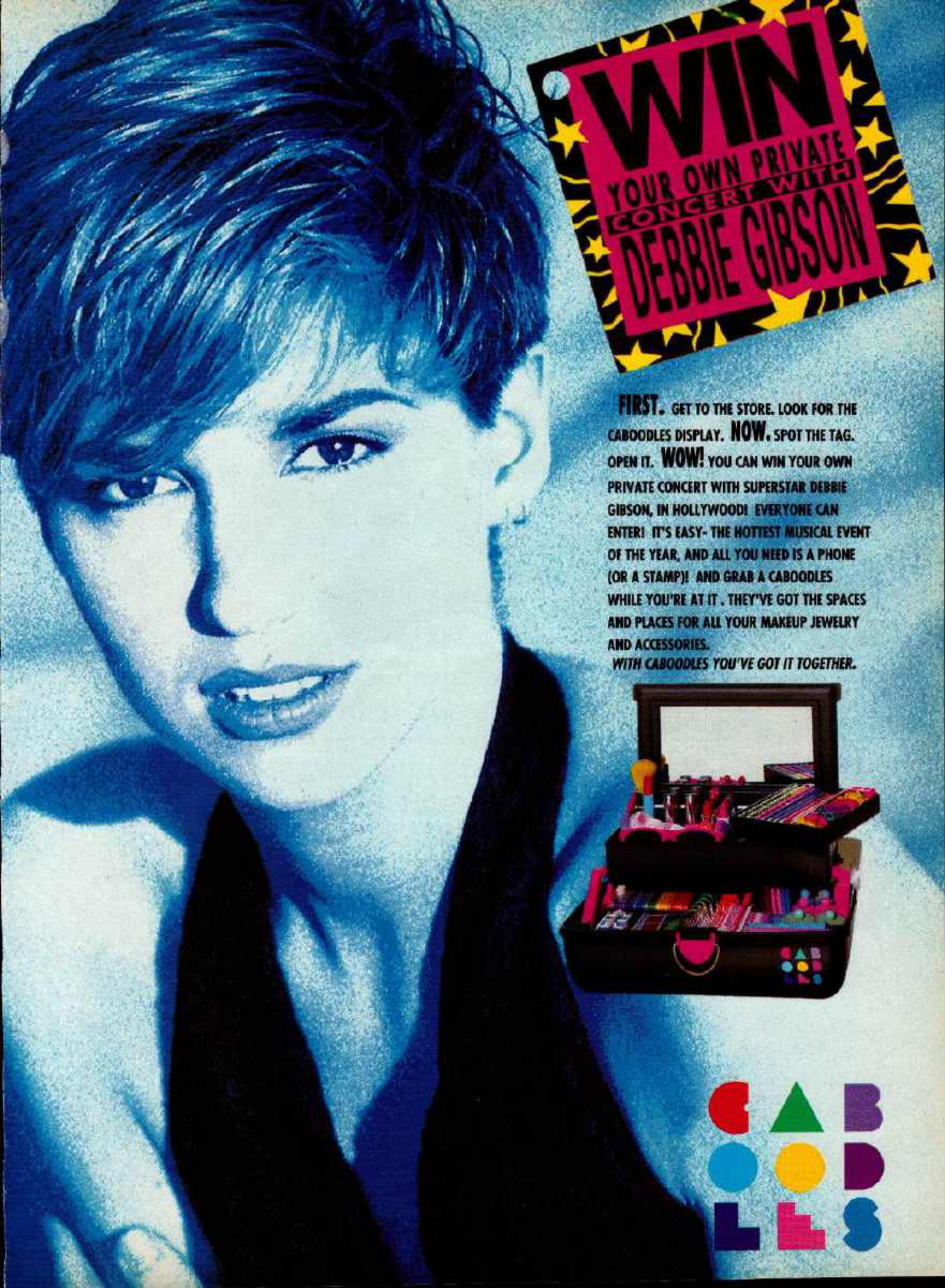
Choosing the method that's right for you depends on your age and health, how often you have sex, and how responsible you are in general. You need to pick a method (or methods) that's safe and effective and that you'll feel comfortable using.

Over-the-counter methods (the ones you can buy in a drugstore without a prescription) include condoms, contraceptive foam and jelly, and the sponge. All are safe to use, relatively inexpensive, and easy to find.

Condoms are the best choice for anyone who has to be concerned about STDs (which includes everyone except for couples who have never had sex with anyone else and who are completely monogamous). If you use a new, intact condom the right way, every time you have sex (and you don't use lubricants like moisturizers or Vaseline, which will damage a condom), they are at least 90 percent effective. Used along with a spermicide (and many come with spermicide already on them), condoms are even more effective in protecting against pregnancy and STDs.

Prescription birth control methods (the ones you can only get through a doctor) include the Pill, diaphragms, cervical caps, hormonal implants, and IUDs. The best place to go for information on birth control is your doctor or a local family planning clinic, like Planned Parenthood. They can tell you about all your options and help you choose a method that's safe and reliable.

Whether you use an over-the-counter or prescription method of birth control, once you become sexually active you should have regular gynecological checkups to stay healthy.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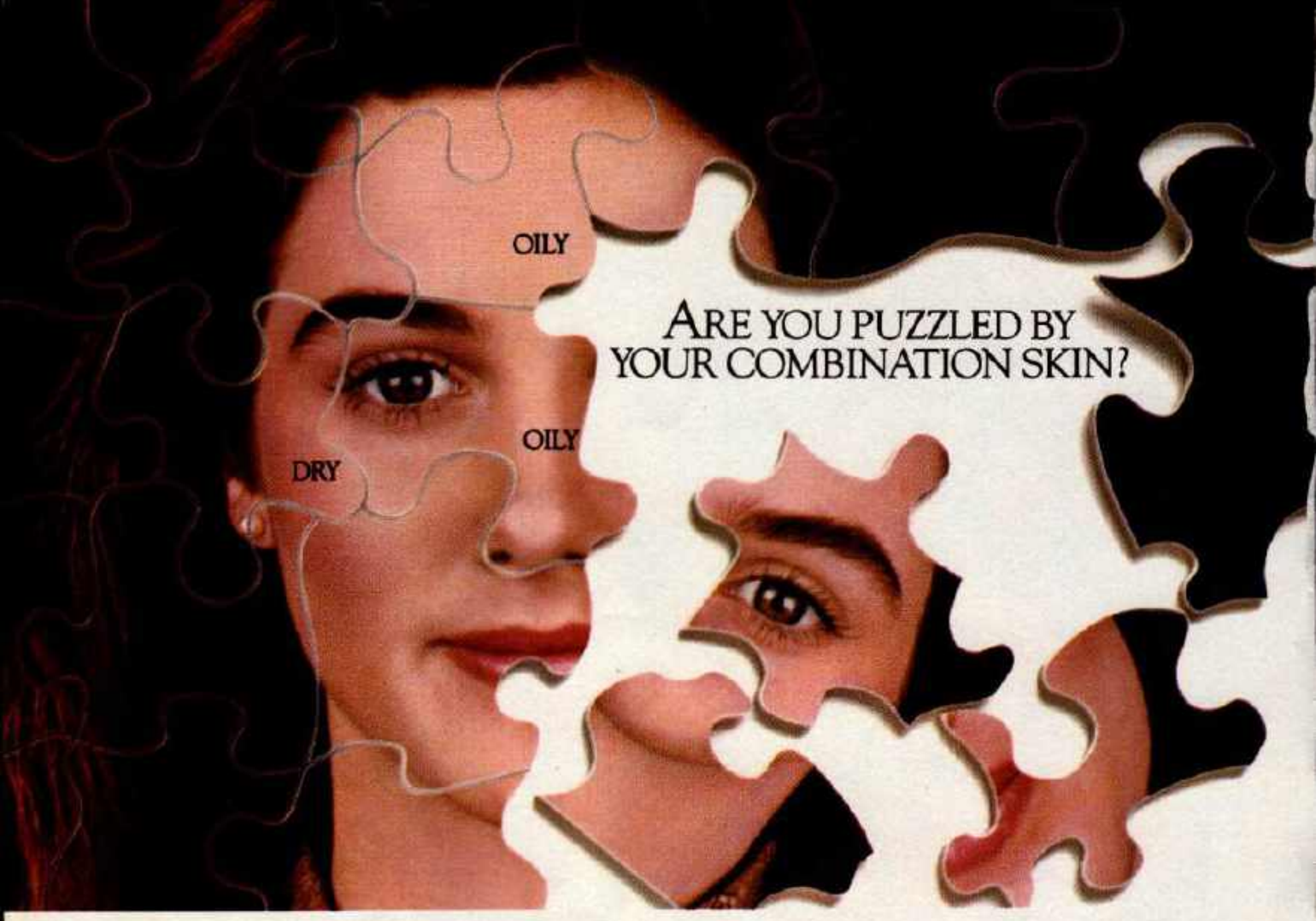
FIRST. GET TO THE STORE. LOOK FOR THE CABOODLES DISPLAY. NOW. SPOT THE TAG. OPEN IT. WOW! YOU CAN WIN YOUR OWN PRIVATE CONCERT WITH SUPERSTAR DEBBIE GIBSON, IN HOLLYWOOD! EVERYONE CAN ENTER! IT'S EASY- THE HOTTEST MUSICAL EVENT OF THE YEAR, AND ALL YOU NEED IS A PHONE (OR A STAMP)! AND GRAB A CABOODLES WHILE YOU'RE AT IT. THEY'VE GOT THE SPACES AND PLACES FOR ALL YOUR MAKEUP JEWELRY AND ACCESSORIES.
WITH CABOODLES YOU'VE GOT IT TOGETHER.
CABOODLES



Advertisement

class appeal

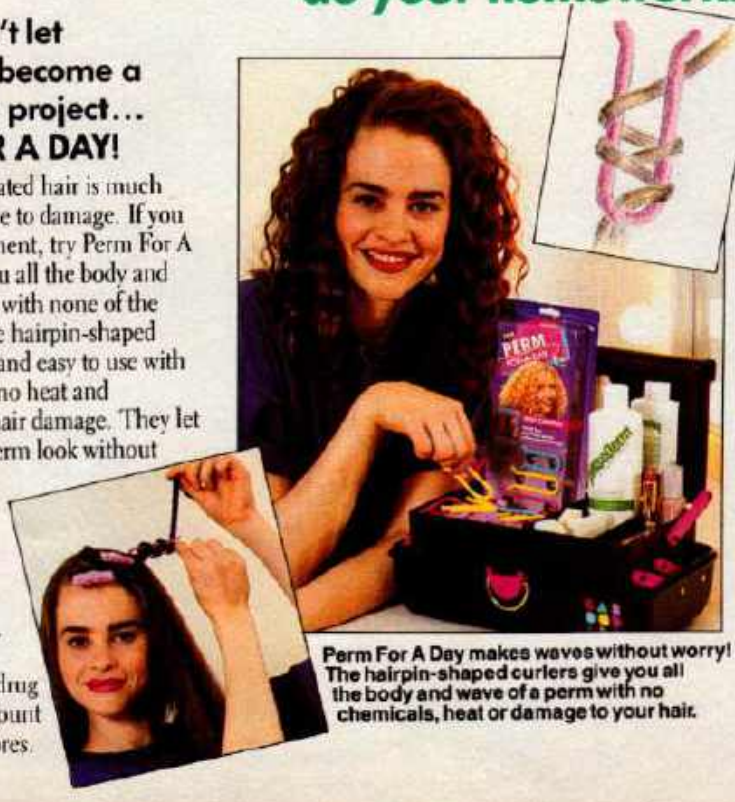
the art and science of looking great!

Getting ready for the new school year is easy when you

do your homework.

first, don't let your hair become a chemistry project... PERM FOR A DAY!

Chemically treated hair is much more vulnerable to damage. If you want to experiment, try Perm For A Day. It gives you all the body and wave of a perm with none of the drawbacks. The hairpin-shaped curlers are fast and easy to use with no chemicals, no heat and absolutely no hair damage. They let you try out a perm look without a permanent commitment. Available at Brooks, CVS, Osco, Peoples, Rich's, Sav-on, Taylor, Toys R Us, and other drug stores and discount department stores.



Perm For A Day makes waves without worry! The hairpin-shaped curlers give you all the body and wave of a perm with no chemicals, heat or damage to your hair.

second, keep your make-up from becoming ancient history. Get organized!

Go through your cosmetics regularly and throw out the old stuff. It's best not to hold on to most make-up for over a year and mascara should be thrown out after three months. To help you get it together, try one of Caboodles easy-to-carry beauty organizers. Available in lots of fun colors with a convenient place for all your beauty must-haves, they'll help you to keep your cosmetics, jewelry, and hair accessories current events.

Section produced by Women's Marketing, Inc. (203) 256-0880 Copyr. Donna Marley

third, think of your skin as an algebra equation.

Most people have combination skin: parts of it are oily, other patches are dry. It's important to balance the equation between the two extremes. Otherwise, you'll end up with clean skin that's dried out or oily skin that's not thoroughly clean. For make-up, choose a foundation that's water-based to complement the dry portion of your skin, then dust on a light powder to absorb excess oil from the oily patches. But makeup won't disguise skin that's not properly cared for. Always cleanse your skin thoroughly morning and night. pHisoDerm is a good choice because it restores skin to its natural balance by deeply cleansing away dirt and oil as it moisturizes. Your skin will have an all-over fresh, clean and healthy feeling—a perfect balance.

fourth, analyze the elements of style.

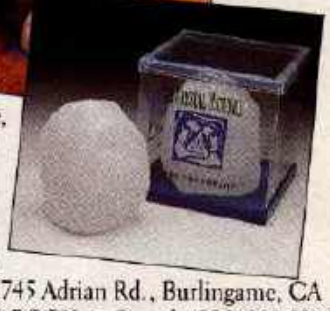
Looking great takes some planning. One great way to make your wardrobe seem much larger choose a central core of colors and separates that can be mixed and matched in a bunch of different ways. Au Coton manufactures 100% cotton clothes, plus the body-conscious lycra Speedster line, and a comfy group of sweats called Aquatonic. All three looks are meant to work with each other for extra wardrobe versatility.

fifth, remember the basics of ecology.

Keeping things simple and natural is good for you and the environment. For a deodorant, avoid all those chemical-laden solutions that overdo it. Le Crystal Naturel is made of pure, natural mineral salts that form a protective barrier on your skin against odor-causing bacteria. Unscented and hypo-allergenic, it's environmentally safe as well as economical—one stone will last for more than a year. To use, just moisten the stone, then apply it to your underarms (and even on the bottoms of your feet)! For more information, contact: French Transit Ltd., 1745 Adrian Rd., Burlingame, CA 94010 or call (800) 829-ROCK, in Canada (800) 668-0360.

class appeal

Misha



Stylist (these pages): Vicki March, Hair and Make-up: Teresa Vuoso; Clothing: Au Coton; Hair styled with Perm For A Day

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So if you want skin that's clean, fresh and healthy-looking, get your pHD. pHisoDerm.
The solution for combination skin.
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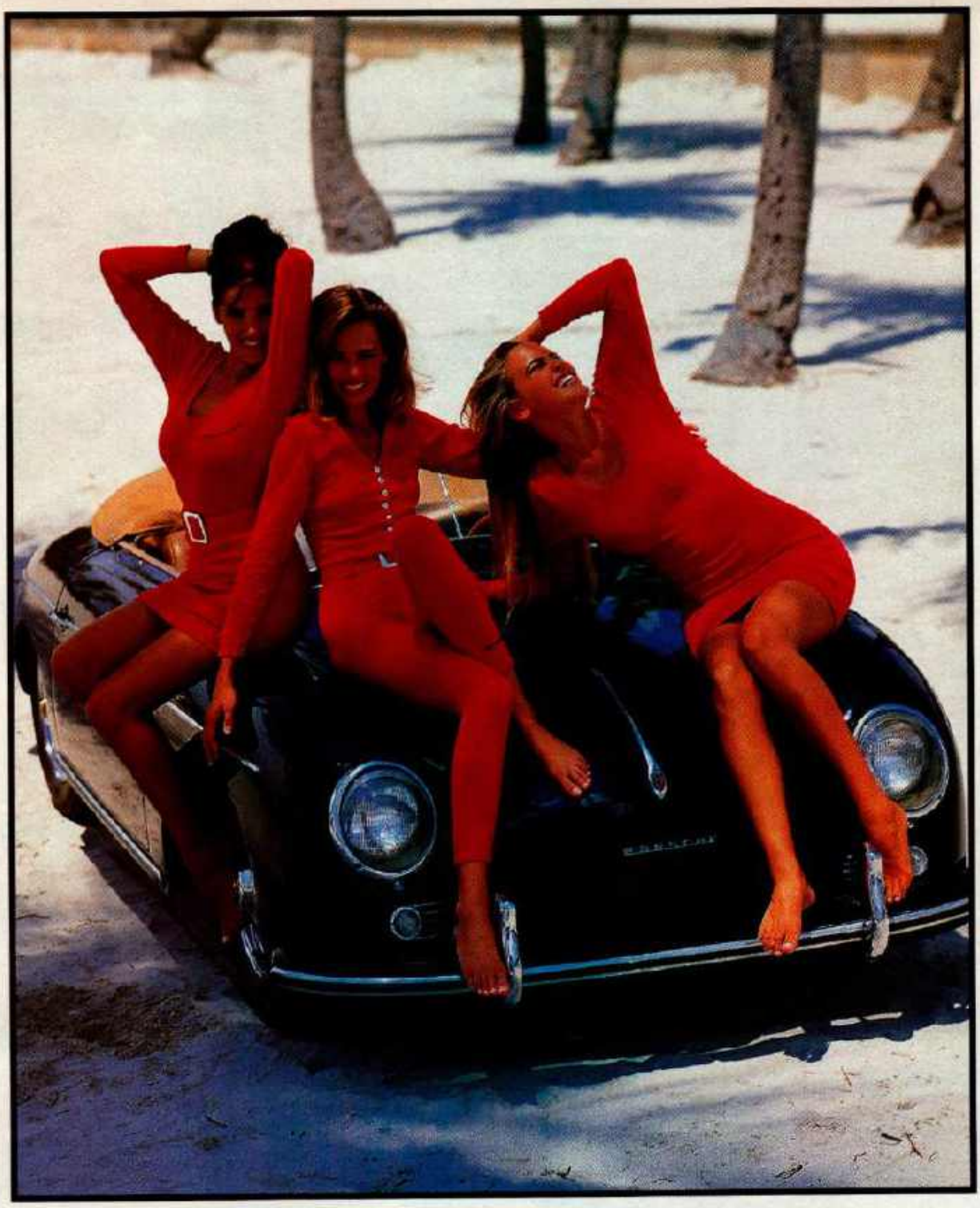

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Envision offers a new level of long-term wearing satisfaction. And isn't that what you really want from a contact lens?

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Envision is made by Polymer Technology, a division of Bausch & Lomb, the most respected name in contact lenses.

Look into it.

For complete information, call 1-800-243-7799

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The right contacts.™

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1992 OLYMPIC GAMES

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beauty q & a

I'm really into tennis, and when I play I usually wear my hair in a ponytail. But after a game, my hair looks like a total mess. What can I do so that it looks good during and after a set?

—LINDA T., MENLO PARK, CA

A ponytail that's twisted—not tied with a rubber band—and then pinned on top of your head with a barrette is a winning look for both sports and regular workouts. The twist not only adds height, it also creates loose waves when it's taken out. Another style that keeps you looking good when you exercise: the braid. This style keeps hair off your face, and when you untie it, you'll have a mane of natural waves. For a sleeker looking 'do after the game, dampen your hair by finger-combing it back with water. Then smooth on a gel, like Vidal Sassoon Sculpting Gel. And finally, pull your hair into a ponytail, or secure it with a mod hairband. Source: hairstylist Martyn Foss Calder.

Help! My posture is so bad. How can I stop myself from slouching?

—SARAH P., FLINT, MI

Straightening up takes practice. First you need to find out what you look like standing up straight. From the side, check your posture in a mirror. Line up the center of your ankles, knees, hips, and shoulders with your ears. Then square your shoulders. You'll feel and see the difference immediately. Make a habit of correcting your posture daily. You also need strong upper-back and abdominal muscles for good posture. Here, two exercises that will help. *For the back:* Lie on your stomach with arms extended in a *V* position above your head, nose touching the floor. Slowly lift your chest off the floor, exhaling as you pull up. Hold for one count, then lower yourself to the floor. Do fifteen reps, five days a week. *For abs:* Lie on your back with your knees bent, feet flat on the floor. Take a deep breath, then exhale while pressing the small of your back into the floor (imagine your stomach is curved like the inside of a bowl). Hold for one count, then release. Do twenty-five reps every day. The result: When you stand up straight, not only will you look more confident, you'll also look taller and thinner. How's that for incentive? Source: Patti Youssouf, director of Youssouf Fitness Center, New York.

My skin is really grossing me out! It keeps breaking out—my friend said it's because of the hot, sticky weather. Is this true?

—ANGELA C., CHICAGO, IL

Yes, the dog days of summer can contribute to skin problems, because hot weather makes your skin produce more oil. But that's probably only part of the problem. A number of things, like stress and your period, can also make your skin break out. But no matter what the causes are, you *can* fight back. Getting rid of dirt on the surface of your skin is the first step. Wash religiously—that means twice a day with a gentle cleanser. A tip: Don't overdo it. Excessive washing—using harsh cleansers or too much scrubbing—will make breakouts worse. Don't wear makeup if you're going to be perspiring (like when you work out). When your skin feels especially oily, freshen up with an astringent or toner, or try a blemish treatment that you can carry in your purse (we like Clearasil Clearstick). Source: dermatologist Dr. Ronald E. Sherman.

Why does my makeup always run and fade by the end of the day? Is there anything I can do to make it last longer?

—TINA M., CHARLESTON, SC

The hot, humid heat of August can cause makeup meltdown. But it doesn't have to happen—not if you use the pro's secret ingredient to long-lasting makeup: powder. ■ Apply a light coat of tinted moisturizer, then follow with a dusting of loose powder. ■ On cheeks, first lightly apply a cream blush, then brush the same color powder blush on top. ■ For eyes, first cover the lid with a powder-based concealer (a good one: Aziza Crease Resistant Shadow Base), then follow with a powder-based eye shadow. ■ To line eyes, lightly smooth loose powder along the lashline using a cotton-tipped swab. Then line eye with a kohl-based eye pencil or a liquid liner—it goes on wet but dries hard and won't smudge (try Maybelline Blooming Colors Eyeliner). Next, apply two coats of mascara, letting the color dry between coats. ■ For lips, outline lips with a lip liner, then fill in with the liner. Next, apply a thin coat of lipstick; blot lips. Add a little loose powder to set color, and apply another coat of lipstick.

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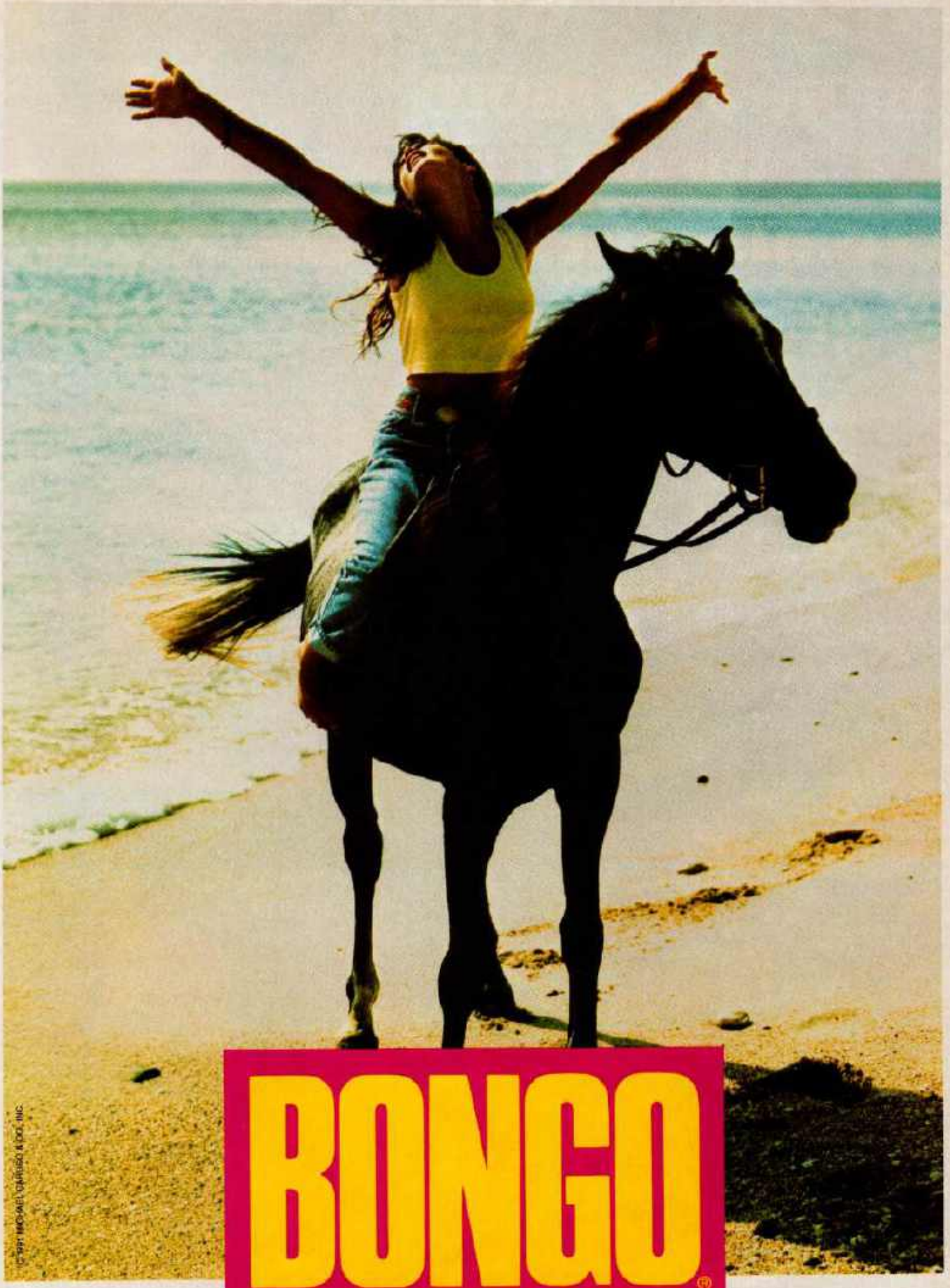
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